

CALENDAR

Pendleton County Local Calendar of Events

Southern SBDM Meeting, January 28

Southern Elementary will hold their School Based Decision Making Council Meeting on Tuesday, January 28. The meeting will take place at 6:30 p.m. in the media center at the school.

PC Recreation Meeting, January 28

The Pendleton Recreation meeting scheduled for 6 p.m. Monday, January 20 at Pendleton County High School was cancelled. A special called meeting for 7 p.m. Tuesday, January 28 at PCHS has been scheduled.

District/Extension Board Meetings, Jan. 29

The Pendleton County District Board will be meeting at the Extension Office at 6 p.m. directly followed by the Pendleton County Extension Board at 7 p.m. on Wednesday, January 29, 2014.

Annual Men's Stag, January 31

St. Peter's COF Court 1492 invites you to attend their Annual Men's Stag from 7 - 11 p.m. on Friday, January 31 in the social center of Sts. Peter & Paul's School at 2162 California Crossroads. The proceeds from this event will benefit the COF Education Awards Program. This allows presentations of monetary awards to students attending both Catholic and public high schools, two awards to adult members continuing their education after high school and the grade school Youth Foresters. Please come for an evening of cards, raffles, and delicious food and beverages.

Board of Education Meeting, January 28

The Pendleton County Board of Education will meet at 7 p.m., Tuesday, January 28. The meeting will be held in the District Training Room (second floor) at Phillip Sharp Middle School.

Free Income Tax Preparation, Feb. 1 - April 8

TaxAide volunteers will be providing free income tax preparation from 3 - 7 p.m. every Monday from February 1 through April 8 at the Pendleton County Public Library in Falmouth. There will be no tax preparation available on February 17 (Presidents' Day).



Library holding book sale

Due to the generous donations from BB's Shell Station and many other individuals in celebration of "National Book Lover's Day," the Pendleton County Public Library's book closet is filled to the brim! They will be

having an Emergency Book Sale during the month of February so come and take a look at what's available.

Hardcover and oversized paperbacks are selling for \$1 and regular paperbacks are .50¢.

Suicide Awareness and Prevention Classes offered

Suicide is a subject which could affect any of us at any time. To learn what suicide is and about Question, Persuade and Refer (QPR) attend one of two classes being offered at the Pendleton County Extension Office from 1 - 3 p.m. and

6:30 - 8:30 p.m. Wednesday, February 5. Hear "Evan's Story" as told by his father, Craig Peoples. Speak with QPR Gatekeepers Larry McNabb, Kentucky Suicide Prevention Group. Register at <http://bit.ly/pcsuicide-awarenessprevention>.

Library to hold crochet class

Mrs. Billie Conrad will be at the Pendleton County Public Library at noon on

Tuesday, February 4 to teach two crochet valentine projects. One of the projects requires two colors of the same weight of yarn and the appropriate hook.

Please call the library at 859-654-8535 if you have any questions.

SUBSCRIBE TODAY!!!
859-654-3333



Get More Channels for Less Money
with your local **DISH Network Retailer**

- Local Channels where available
- No Equipment to Buy
- FREE Installation in up to 4 Rooms
- FREE 2-Room DVR Upgrade

L & K SATELLITE
Serving the community since 1999
859-654-6431



Blood donors can save lives

Community Blood Drive - February 10

Area residents are invited to be life-savers at the upcoming Kentucky Blood Center (KBC) blood drive.

The Pendleton County Community Blood Drive is from 11 a.m. to 4 p.m. on Tuesday, Feb. 10 on the KBC bloodmobile at Pendleton County High School. Pendleton County High School students will also be hosting a blood drive earlier in the day. Donors will receive a black long-sleeve KBC T-shirt.

KBC is headquartered in Lexington where it operates Beaumont and Andover donor centers. KBC also has donor centers in Somerset and Pikeville and provides blood drives throughout the eastern half of the Commonwealth.

All blood that is collected by KBC is returned to the Beaumont Donor Center where it is processed, prepared and stored for shipment to Kentucky hospitals. Donated blood components are vital to a wide range of treatments including cancer, trauma, sickle cell, organ transplant, surgeries and many more.

With the recent wintry weather, KBC has had many cancelled blood drives and experienced lower than expected donor turn outs.

To make an appointment for this blood drive, to find other convenient donation locations or for more information, visit kybloodcenter.org or call 800-775-2522.

Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

KBC, the largest FDA regulated blood bank in Kentucky, is a non-profit organization dedicated to ensuring a safe, adequate blood supply for patients at nearly 70 Kentucky hospitals and clinics in more than 60 counties. KBC relies on volunteers to donate 400 pints of blood per day to meet area patients' needs. Over the last year KBC distributed nearly 130,000 blood components.

Be featured in Cupid's Couples!

The Falmouth Outlook will be printing a special "Cupid's Couples" section for Valentine's Day in the February 11 edition. Be sure to show your love for your sweetheart by submitting your favorite photo of the two of you together. Please include names and how long you have been a couple. Cost for the picture is \$15.

Photos can be dropped

off at the office at 210 Main Street in Falmouth, mailed to *The Falmouth Outlook*, P.O. Box 111, Falmouth, KY 41040 or emailed to news@falmouthoutlook.com.

The deadline for submitting pictures is noon on Friday, February 7.

Don't miss this opportunity to express your love for your sweetheart and be featured in this special section!

IMPORTANT NOTICE

FROM THE PENDLETON COUNTY PROPERTY VALUATION OFFICE

HOMESTEAD & DISABILITY EXEMPTIONS

1. Are you or will you be 65 years old this year?

- OR -

2. Are you 100% disabled and receiving regular monthly payments?



If so, please come to the Property Valuation Administrator's Office Monday through Friday 8:00 AM to 4:00 PM, we are also open Saturdays from 8:30 AM till Noon. You may be eligible for the Homestead Exemption or Disability Exemption if you own and maintain property which the exemption is sought for as your primary residence.

THIS IS FOR PROPERTY TAX PURPOSES

This exemption reduces an eligible property owner's assessment by \$36,000. This could save you up to \$450 on your yearly property tax bill.

Don't wait until your birthday, don't wait until you receive your tax bill in the fall.

COME BY THE OFFICE TODAY TO FILL OUT AN APPLICATION.

JOHN E. STEELE, PVA

233 Main St. Room 2
Falmouth, KY 41040

Telephone: 859-654-6055 Fax: 859-654-2999

www.PendletonPVA.com



PENDLETON DATE BOOK REMINDER

Free Listings To All LOCAL Organizations
To list your organization please call our office at (859) 654-3332 or e-mail news@falmouthoutlook.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 6p Northern SBDM 7p Joint Planning Commission 7p Protein Program	28 6:30p Southern SBDM 7p Zumba Class 7p Fiscal Court 7p PC Board of Education Meeting 7p PC Recreation Meeting 7p Zumba Fitness @ Turner Ridge	29 1p Waist Management Program 6p District/Extension Board Meetings	30 12p Falmouth Rotary @ Edwardo's 5:30p Bingo @ Bingo Hall 7p Zumba Class 7p Zumba Fitness @ Turner Ridge	31 7p Annual Men's Stag	Feb 1 9:30 Tabata Fitness @ Turner Ridge 10 Small Animal Swap @ Barnes 5:30p Bingo @ Bingo Hall
2 Groundhog Day	3 3p TaxAide Free Tax Preparation @ library 6p Piloxing Class 7p Butler City Council	4 6p Falmouth Lions Club @ Edwardo's 7p Zumba Class 7p Zumba Fitness @ Turner Ridge	5 1p Waist Management Program 1p Suicide Awareness & Prevention 6p Community Recreation Commission 6:30p Suicide Awareness and Prevention	6 12p Falmouth Rotary @ Edwardo's 5:30p Bingo @ Bingo Hall 6:30p Recreation Commission @ FSC 7p Zumba Class 7p Zumba Fitness @ Turner Ridge	7	8 9:30 Tabata Fitness @ Turner Ridge 5:30p Bingo @ Bingo Hall
9	10 3p TaxAide Free Tax Preparation @ library 6p Cub Scout Meeting @ Legion Hall 6p Piloxing Class	11 7p Zumba Class 7p Falmouth City Council 7p Fiscal Court 7p Zumba Fitness @ Turner Ridge	12 Lincoln's Birthday 12p Butler Lions Club @ Tim's 1p Waist Management Program	13 12p Falmouth Rotary @ Edwardo's 5:30p Bingo @ Bingo Hall 6:30p Zoning Board 7p Zumba Class 7p Zumba Fitness @ Turner Ridge	14 Valentine's Day 7p DAV @ Howard's	15 9:30 Tabata Fitness @ Turner Ridge 1p Historical Society @ Fryer 5:30p Bingo @ Bingo Hall
16	17 Washington's Birthday (Presidents Day) 6p Piloxing Class	18 6p Falmouth Lions Club @ Edwardo's 6:30p PC Red Cross @ Dispatch 7p PC Conservation 7p Zumba Class 7p Republican Party Meeting 7p Zumba Fitness @ Turner Ridge	19 1p Waist Management Program	20 12p Falmouth Rotary @ Edwardo's 5:30p Bingo @ Bingo Hall 6:30p Champions Coalition Meeting 6:30p VFW Post @ Legion Hall 7p Zumba Class 7p PC Board of Education Meeting 7p Zumba Fitness @ Turner Ridge	21	22 9 American Legion Post 109 9:30 Tabata Fitness @ Turner Ridge 5:30p Bingo @ Bingo Hall
23	24 3p TaxAide Free Tax Preparation @ library 6p Northern SBDM 6p Piloxing Class 7p Joint Planning Commission	25 6:30p Southern SBDM 7p Zumba Class 7p Fiscal Court 7p Zumba Fitness @ Turner Ridge	26 12p Butler Lions Club @ Tim's 1p Waist Management Program	27 12p Falmouth Rotary @ Edwardo's 5:30p Bingo @ Bingo Hall 7p Zumba Class 7p PCIDA 7p Zumba Fitness @ Turner Ridge	28 2p PC Water District Meeting 6p American Legion Ladies Aux	Mar 1 9:30 Tabata Fitness @ Turner Ridge 10 Small Animal Swap @ Barnes 5:30p Bingo @ Bingo Hall

SPACE AVAILABLE JUST FOR YOU!

Advertise Your Business Every Month On Datebook For Only \$17 A Month!

Call Us Today, Before The Space Goes Away!

859-654-3333

LIMESTONE
FARM LAWN WORKSITE
ROCK SOLID VALUE

3375 Highway 491 • Gardnersville
859-472-2246

Pendleton Savings Bank
1057 Ridgeway Ave.
654-5700
FALMOUTH, KY


LEMMON'S
Jewelry
Fine Jewelry & Gifts
"For Gifts That Last"

Have an event you want **EVERYONE** to know about?
Send by Noon on Friday
news@falmouthoutlook.com

facebook | join our group +

Like

The Falmouth Outlook
on Facebook



OBITUARIES

ANNA MAE DANCE, 96

Anna Mae Dance, 96, of Cynthiana, passed away peacefully on Saturday, January 18, 2014.

She was born on August 3, 1917 in Boyd, Ky., to the late William Henry and India Lawson Dance. A lifelong resident of Harrison County, she retired from Harrison Memorial Hospital with 27 years of service and a member of the First United Methodist Church.

Preceding her in death were brothers, William Cecil, Wilbur Henry and Arville Woodrow; sisters, Edna Marie, Velma and Alice (Beckett).

Surviving are a host of loving nieces, nephews, other relatives and friends.

The funeral services took place Monday, January 27, 2014 at Woodhead Funeral Home.

Interment was held at



ANNA MAE DANCE

Pythian Grove Cemetery.

Expressions of sympathy may be made to Hospice of the Bluegrass, 1317 U.S. Highway 62 E., Cynthiana, KY, 41031.

Online condolences can be sent to the family at www.woodheadfuneralhome.com

Harm Reduction Center to be open February 7

The Harm Reduction Center at 206 Main Street in Falmouth will be open from 10 a.m. - 2 p.m. on Friday, February 7, 2014.

People who may accidentally overdose from a prescription opiate or heroin or who are in a relationship with someone pre-

scribed or using an opiate are encouraged to come to the Harm Reduction Center and learn more about Naloxone. Naloxone can temporarily interrupt an overdose and buy time for medical personnel to arrive. People can recover from addictions, there is no recovery from death.

GARY A. HURST, 64

Gary A. Hurst, 64, of Hamilton, Ohio, passed away Wednesday January 22, 2014.

He was born in Bracken Co. on December 25, 1949 to the late Clarence and Minnie Simpson Hurst. Gary liked to hunt and fish.

Preceding him in death, in addition to his parents, were sisters, Janet Faye Raftice and Linda Hurst.

Surviving are wife, Judy

JERLYN FAYE MORGAN FREDERICK TOVAR, 63

Jerlyn Faye Morgan Frederick Tovar, 63, passed away January 25, 2014 in Williamstown.

Surviving are sons, Junior Frederick, Lexington and Darrell Ray Frederick, Crittenden.

Funeral services were held

Lovelace Hurst; daughters, Sara Thumberger, Angela Smith; step-daughter, Lorie Ward; step-son, Samuel E. Hodge; sisters, Louise Borucki, Kathy Gutridge; brothers, Ted, Donnie, Eugene, David Hurst; 16 grandchildren; and three great-grandchildren.

Funeral services were held Friday, January 24, 2014 at Peoples Funeral Home, Butler.

Interment took place at the Mt. Moriah Cemetery- Butler.

Monday, January 27, 2014 at Elliston-Stanley Funeral Home, Williamstown.

Interment took place at the Williamstown Cemetery.

Online condolences www.stanleyfuneralhomes.com

EDWIN LARUE WRIGHT, 77

Edwin Larue Wright, 77, passed away on Sunday, January 19, 2014.

Surviving are children, Steven G. (Beth) Wright and Kim-

berly E. (Dwayne) Troxell.

Memorial services were held Friday, January 24, 2014 at Williamsburg United Methodist Church.

RAYMOND LESLIE LAFOLLETTE, 90

Raymond Leslie LaFollette, 90, of Piner, passed away Monday, January 20, 2014.

Arrangements are pending at Chambers and Grubbs Funeral Home.

Fame

continued from Page 1

Education, 2525 Highway 27 North, Falmouth, KY 41040.

A selection committee consisting of the board chairman, superintendent, high school principal, president of Pendleton County Chamber

of Commerce and the Student Council president at Pendleton County High School will select the winning candidate.

If you have questions regarding the "Wall of Fame" program, please call 859-654-6911, ext 2110.

Income

continued from Page 1

tax returns again this year at the Pendleton County Library in the community meeting room.

Returns are prepared free of charge. This free service is available to elderly persons and low-to-middle income taxpayers regardless of age.

The TaxAide preparation site will be open from 3 until 7 p.m. on Mondays beginning on February 3 through Monday, April 14 except for Presidents' Day, February 17. Since the library will be closed for the Presidents' Day holiday the tax site will also be closed.

Returns are prepared on the computer using tax preparation software. The return can also be E-filed free of charge. Refunds are received quicker if a return is E-filed.

You need to bring the following to have your return prepared: Government issued picture ID (driver's license, state ID, etc.) Social Security card, Medicare card or Social Security Benefits Statement for everyone claimed on the return, W2's, all 1099's (for interest, dividends, pensions, miscellaneous income), Social Security statements, and any other income statements. If you wish to itemize deductions bring proof of the deductions, ie. mortgage interest, taxes on your home, medical expenses, and charitable contributions. Also please bring your 2012 tax return as some information may be needed from that return.

TaxAide volunteers are not trained to prepare farm, rental or business returns, therefore cannot prepare those returns.

Pendleton County Schools to honor leaders during School Board Recognition Month

Kentucky will again observe January as School Board Recognition Month and the Pendleton County School District is joining in the celebration.

The Pendleton County Board of Education is composed of: board Chairman, Mr. Mark Ross (since 2005); board Vice-Chairman, Dr. William Verax III (since 1999); board member, Bro. Daryl Mullins (since 2000); board member, Mr. Tony Spence (since 2009); board member, Ms. Shawn Nordheim (since 2013).

"The voters of our community have created a special group of education leaders in this board," said Superintendent Anthony Strong. "They are true partners in the work to ensure every child in every classroom can experience high quality teaching and learning."

"When you consider how state and federal funding is shrinking, our school board has faced tremendous challenges, and it hasn't flinched from its responsibilities," he said. "Our community can be very proud of this team of board members,



Pendleton County School Board members will be recognized at their next meeting on Tuesday, January 28 at Sharp Middle School. Pictured from left: board Vice-Chairman Dr. William Verax III, board member Shawn Nordheim, board member Tony Spence, board member Bro. Daryl Mullins, board Chairman Mr. Mark Ross.

and I'm proud to be their partner working for education excellence for our children."

Across the Commonwealth, Kentucky's 173 public school systems will use January to recognize the work of the state's nearly 862 local school board members.

"The past several years have challenged school leaders - board members and superinten-

dents alike - to support continued academic progress," said KSBA President Durward Naramore, a member of the Jenkins Independent Board of Education. "In 2013, Education Week's Quality Counts report ranked Kentucky in the Top 10. Our school board members played a role in that kind of improvement. I'm proud to be a local school board

member in this state."

The students and staff of Pendleton County Schools will recognize the board members at the Tuesday, January 28, 2014 board meeting. The meeting begins at 7 p.m. in the District Training Room (2nd Floor) at Sharp Middle School. The community is invited to come and say "Thank You" to the board members.

Pipeline

continued from Page 1

deliveries of natural gas and natural gas liquids (NGLs) across North America. The bitterly cold weather that blasted across Kentucky and much of the nation in early January is recent evidence of how we depend on energy to heat our homes and keep the lights on. From our most basic survival needs to life's comforts, we all depend on energy.

Bluegrass Pipeline will be a

common carrier transporting NGLs, which are natural gas derivatives with familiar names, including propane, ethane and butane. These are the building blocks for many of the things people need and use every day - from seatbelts to medical supplies and baby bottles to smartphones. Many Kentucky manufacturers rely on NGLs in developing their products. Efficiently transporting NGLs to market is a vital part of getting natural gas produced to meet the growing

demand for residential and commercial uses, as well as electricity-generation. NGL and natural gas production are closely linked and necessary to serve America's energy needs.

With the Bluegrass Pipeline, Kentucky will be an integral participant in providing affordable, abundant and accessible energy to American manufacturers. That means jobs, and it means Kentucky continues to play a part in our nation's energy security. Bluegrass Pipeline also

creates opportunities for Kentucky businesses to tap into raw materials - these NGL supplies - that are significantly economically advantaged over supplies available elsewhere in the world.

For more information visit BluegrassPipeline.com

Bill Lawson and Michael McMahon are representatives of Williams and Boardwalk Pipeline Partners, LP, two leading energy infrastructure companies, who have partnered to develop Bluegrass Pipeline.

Pendleton County League of Women Voters create Youth Leadership Program

The Pendleton County League of Women Voters, in collaboration with the Pendleton County School System, has created and is sponsoring a youth leadership program for the County. The League established the youth leadership program as a means of educating youth about what it means to be a good leader and civically engaged in their community.

The overall goal of the program is to mentor youth to better understand the dynamic of civic engagement and its importance to the community. This understanding will in turn enable these youth to become leaders not only among their peer group but also in the community at large. Further, the program will offer youth the opportunity to meet with professionals from many different career paths to understand what they do, how they came to their profession and how they view leadership from the perspective of the career path they have chosen.

"Improving upon leadership skills is one of the most important things we can do for our students," said Pendleton County Superintendent of Schools Anthony Strong. "I appreciate the League of Women Voters for the help in improving our leaders of the future."

All sophomores are eligible to apply for admission into the program. Applications are accepted in September of each year with a program start date of October. The program then runs through the following September.

The class of 2014 has now been set and includes nine sophomores. Graduation ceremonies for this first class are scheduled for October of this year.

A volunteer Community Youth Leadership Council has been created to conduct the program and mentor the students. The role of the council is to establish curriculum, guide the program and coordinate the yearly activities.

Council members include: Angela Hornbeck, Michelle Lustenberg, JoEllen Mitchell, Janelle Gardner, Amy Plummer, Shawn Nordheim, Adam Hall, Bill Mitchell, Wendy Harrison, Lindie Huffman, and Carrie Wade.

For 2014, the curriculum will include the following activities:

- Attend Elected Officials Meetings: The class will attend a fiscal court caucus meeting, a Falmouth and Butler city council meeting and a Pendleton County School Board meeting.

- Elected Officials Day: The class will attend an Elected Officials Day once they have completed attendance of the Elected Officials Meetings. Having attended Elected Officials Meetings first, students will better understand the role elected leaders play in the community and can then ask more in depth questions regarding each elected leader's perspective on leadership.

- Career and Leadership Day: The class will hear speakers from various professions speak about their professions, how they came to their line of

work and what leadership means to them from their profession's perspective. This component is particularly important. The goal here is to connect career development to leadership development so students understand how their emergence into their chosen vocation can mold their leadership characteristics and vis-versa.

Students will attend all career days listed: Public Service Day; to include police, fire, EMS and social service professions; Industry/Economic Development Day; Arts Day; Agriculture and Environment Day; Health Services Day.

- Fall 2014 Pendleton County Community Forum: Each class will spend the year planning the next fall's Pendleton County Community Forum. In October, they will conduct the forum, with assistance from the Youth Leadership Council.

- Do Class Project: Specifics: For this year, the class will divide into two groups and, if practical, pick two community needs to address.

The students will then spend the class year developing strategies to address the needs, including planning process, budgeting, community input and project effectiveness.

Near the end of the class year, the two groups will present their findings and recommendations to the government body they determine can best address each need.

The class of 2014 has begun to schedule its first meetings with local govern-

ments.

If you would like to discuss becoming a volunteer or perhaps even a member of the Youth Leadership Council, please contact Bill Mitchell, Community Development Director at 859-654-4567; bill.mitchell@nkadd.org for more information.

The Falmouth Outlook

ISSN: 0891-8694

Debbie Dennie
Publisher - Editor
Warren J. Shonert, Editor Emeritus
Phone: 859-654-3332
Fax: 859-654-4365

Email: news@falmouthoutlook.com
ads@falmouthoutlook.com
copy@falmouthoutlook.com
Website: www.falmouthoutlook.com

PUBLISHED WEEKLY BY OUTLOOK PUBLICATIONS, 210 MAIN STREET, FALMOUTH, KENTUCKY 41040. SUBSCRIPTION RATES: IN-COUNTY \$10.00 PER YEAR; OUT-OF-COUNTY \$18.00 PER YEAR; OUT-OF-STATE: \$46 PER YEAR. PRICE PER SINGLE COPY \$1 + TAX. ADVERTISING RATES UPON REQUEST. DEBBIE DENNIE - PUBLISHER & EDITOR; KELLY ZUMWALT - BOOKKEEPER; JESSIE BECKETT - TYPESETTER; JACKIE VAUGHN - TYPESETTER; JON HOPP - DISPLAY ADVERTISING; KAREN HYDEN - PROOFREADER; ROGER MCKINNEY - REPORTER; SAM MCANAHAN - REPORTER; APRIL DEFALCO - SALES; PERIODICALS POSTAGE PAID AT FALMOUTH, KENTUCKY; PERIODICALS POSTAL PERMIT USPS 186-868. POSTMASTER: SEND ADDRESS CHANGE TO: THE FALMOUTH OUTLOOK, P.O. BOX 111, FALMOUTH, KY 41040

Check Us Out At

www.woodheadfuneralhome.com



TILLIE EMMA BAKER ODOR, 92

Tillie Emma Baker Odor, 92, of Falmouth, passed away on Sunday, January 19, 2014 at the West Chester Medical Center in West Chester, Ohio.

She was born on June 4, 1921, to the late William and Emma Baker and on June 30, 1944 she married Buford Odor whom preceded her in death on December 20, 1987. Tillie was a charter member of the Southside Church of Christ, a lifelong supporter of Camp Northward in Falmouth, and graduate of the Cincinnati Bible Seminary.

Preceding her in death, in addition to her parents and husband, were brothers, Charlie and Melvin Baker.

Surviving are son, Donald (Shelley) Odor, Peach Grove; daughter, Dorothy (Gordon) Staten, Hebron; grandchildren, Erica (Nathan) Claypool, Jessica (Brian) Ingram, Scott (Dawn) Staten, Gary (Amber) Staten; and great-grandchildren, Taylor Ingram,

Matthew Ingram, Owen Ingram, Mason Staten, Kacie Staten, Braden Staten and Olivia Fox.

Funeral services were held on Saturday, January 25, 2014 at the Southside Church of Christ with Bro. Dan Pence, Dr. Jesse Henderson and Bro. Clay Sullivan officiating. Woodhead Funeral Home served the family.

Pallbearers for the service were Brian Ingram, Nathan Claypool, Gary Staten, Scott Staten, Todd Baker, Mason Staten, Luis Arevalo and Bill Baker.

Interment took place at the Williamstown Cemetery.

Memorial contributions are suggested to Camp Northward: 104 Oldham Dr, Falmouth, KY 41040 or Mason Christian Village Benevolent Fund: 411 Western Row Rd., Mason, OH 45040

Online condolences may be sent to www.woodheadfuneralhome.com

Pendleton Fiscal Court meeting agenda

Pendleton County Fiscal Court meeting is scheduled for 7 p.m., January 28, 2014.

Tentative agenda will go as follows: Call to order, prayer, pledge, approval of agenda, approval of minutes, presentation of treasure's report, District six Rural Secondary Presentation, Justice Center salt (Cam-

eron Courtney), approve part-time Animal Control Officer, sheriff's closeout and excess fees, HRA letter to all county employees, update on Catwaba Bridge, first reading of the Amending Horse Ordinance 841.1, transfers, pay bills, closing remarks by Judge Bertram/magistrates and adjourn.

Income

continued from Page 1

Education, 2525 Highway 27 North, Falmouth, KY 41040.

A selection committee consisting of the board chairman, superintendent, high school principal, president of Pendleton County Chamber

of Commerce and the Student Council president at Pendleton County High School will select the winning candidate.

If you have questions regarding the "Wall of Fame" program, please call 859-654-6911, ext 2110.

Income

continued from Page 1

tax returns again this year at the Pendleton County Library in the community meeting room.

Returns are prepared free of charge. This free service is available to elderly persons and low-to-middle income taxpayers regardless of age.

The TaxAide preparation site will be open from 3 until 7 p.m. on Mondays beginning on February 3 through Monday, April 14 except for Presidents' Day, February 17. Since the library will be closed for the Presidents' Day holiday the tax site will also be closed.

Returns are prepared on the computer using tax preparation software. The return can also be E-filed free of charge. Refunds are received quicker if a return is E-filed.

You need to bring the following to have your return prepared: Government issued picture ID (driver's license, state ID, etc.) Social Security card, Medicare card or Social Security Benefits Statement for everyone claimed on the return, W2's, all 1099's (for interest, dividends, pensions, miscellaneous income), Social Security statements, and any other income statements. If you wish to itemize deductions bring proof of the deductions, ie. mortgage interest, taxes on your home, medical expenses, and charitable contributions. Also please bring your 2012 tax return as some information may be needed from that return.

TaxAide volunteers are not trained to prepare farm, rental or business returns, therefore cannot prepare those returns.

LEAP IF YOU FEEL FROGGY.....
RIGHT INTO THE CLASSIFIED PAGES!
The Falmouth Outlook • PO Box 111, Falmouth, KY 41040

AFFORDABLE LIFE/CANCER INSURANCE
654-0392

Cooper Funeral Home
(859)635-7844
(859)635-7323 fax
10759 Alexandria Pike, Alexandria, KY 41001
J. D. Cooper & Ken Cooper Funeral Directors
"Our Family Serving Yours Since 1975"

Dixie Treasures Dixie Outlet Dixie Depot
No. Kentucky's BEST & Most Unique Shopping Destination
Five shops (over 10,000 sq. ft.) offering everything from antiques to jewelry to tools to Army surplus to electronics to Kentucky Chic crafts to groceries and everything in-between.
Layaway Available • Credit/Debit Cards & Checks Welcome
35 Harlan St., Crittenden, Ky. 41030
Mon.-Sat. 10-6 • Sun. 12-5 **859-250-0303**

LEGAL NOTICE
Notice is hereby given by Campbell County Department of Housing that a public hearing will be held Wednesday, March 19, 2014 at 5:30 p.m. the Campbell County Administration Building, located at 1098 Monmouth Street, Newport, Kentucky, in the Fiscal Court Chambers to obtain public input on the Annual Agency Plan for Campbell County Department of Housing.
All interested parties are invited to be present to give or hear testimony relating to the Annual Agency Plan. Further information concerning the Plan is available for public review at Campbell County Department of Housing at 1098 Monmouth Street, Room 235, during regular business hours.

The Campbell County Fiscal Court will make every reasonable accommodation to assist qualified disabled persons in accessing available services or in attending Fiscal Court activities. If there is a need for the Fiscal Court to be aware of a specific requirement you are encouraged to contact this agency at (859) 261-5200 prior to the activity so suitable arrangements can be considered for the delivery of service.

FAIR HOUSING AND EQUAL OPPORTUNITIES



SOCIETY



The Outlook travels to Parris Island, S.C.

The Falmouth Outlook traveled to the Marine Corps Recruit Depot on Parris Island in South Carolina for the graduation of Private First Class Austin Workman, USMC. Marines were first stationed on Parris Island in 1891. The location was officially designated a recruit depot on November 1, 1915 and military training has continued from then on. The Marines train about 17,000 recruits at Parris Island each year.



Pfc. Bobby Gulick and comrades gather around to read the hometown news while stationed in Korea.

Pfc. Gulick reads The Outlook on the front line in Korea

The Falmouth Outlook has been running "The Outlook Travels" articles for quite awhile. This is where readers take the newspaper with them when they go on vacation to faraway destinations or visit special places of interest. They have their picture taken with the paper at their location and it is printed for everyone to see.

Well, it appears soldiers from Pendleton County were doing this long before The Outlook started documenting community travels. Although the picture is not real clear, pictured above is Pfc. Bobby Gulick reading The Falmouth Outlook at the front lines in Korea. This was taken during the Korean War between the years of 1950-1953.

The information under the photo reads: "The Falmouth Outlook at the front-

-Pictured above is Pfc. Bobby Gulick, son of Mr. and Mrs. Lisle Gulick of Falmouth, who is reading the hometown paper while he is serving in Korea. Alongside is a good picture of him. These two photos were sent to his mother by a Missouri friend. Although the top picture is not too plain, one may see the primitive huts the Army must live in. The original photo clearly shows the youths gathered around reading the hometown newspaper. The people of Pendleton are proud of the men who are serving their country in Korea and of the fine job they are doing."

The clipping from the newspaper was submitted by Gulick's daughter Linda Moore.

How about that for a truly classic "Outlook Travels" article?

Looking Back

25 Years Ago

February 7, 1989

High Cablevision of Lancaster, Pennsylvania are the new owners and operators of Falmouth Cable TV, Falmouth. Customer Service Representative Keri Pettit and technician Richard Anderson will be at the Falmouth Cable TV Office to help with all cable needs.

Krystal Nicole Annette Kilburn celebrated her first birthday, Feb. 2, 1989. She is the daughter of Michele Kilburn and Charles Hill, both of Falmouth.

Mr. and Mrs. Meyer (formerly Brenda Cahill) of Butler are proud to announce the arrival of their first child, a daughter, Lacey Kathryn Meyer. She was born on Jan. 3, 1989 at Christ Hospital weighing 8 lb. 5 oz.

Keith Galloway, majoring in Physical Education at the University of Kentucky, has been selected to serve as vice president of Rush, at the Kentucky Chapter of Farm-House Fraternity, for the year of 1989.

Jeffery D. Brewer, son of Elwood Brewer and Wilma L. Miller, Route 1, DeMossville, recently enlisted in the U.S. Army's Delayed Entry Program (DEP), and will report for active duty Feb. 21. Brewer will take basic training at Fort Leonard Wood, Mo., and advanced individual training at Redstone Arsenal, Ala.

Phillip Mulloy was chosen to be this week's Student of the Week at Pendleton County High School. Phillip is active in many extracurricular activities such as Spirit Council, and F.H.A. and is also a key player on the PCHS basketball team playing a major role as a team leader. He is a friendly and helpful student, who always has a smile on his face.

50 Years Ago

February 7, 1964

The site for the Pendleton County Hospital has been decided. It consists of three acres of land and is located on South Maple Avenue in Falmouth, Ky. The Pendleton Fiscal Court will be in charge of the local project, expected to start in 1964.

The Pendleton Wildcats moved back in the winning column January 31, as they defeated the Breckinridge Training Team, 71 to 30, on the victor's floor. Larry Wells was high scorer of the game with 13 points.

Mrs. Mayme Flaughter of this city is retiring February 15th after 16 years of service with the Kentucky Department of Highways.

Mr. and Mrs. Woodrow Bowling of Portland announce the engagement of their daughter, Sandra Jane to Mr. Asa Wolfe, son of Mrs. Howard Wolfe of Route 5, Falmouth, Ky. The wedding will be an event of February 15.

J.R. Hampton, Falmouth real estate broker, sold for Mr. and Mrs. Ed Walthers, their modern home on Dickerson Lane to Mr. and Mrs. Virgil Ramsey of Bracken County.

Mr. and Mrs. Clarence Thornberry of Goforth announce the arrival of a son, born January 25, at Booth Hospital, Covington. He has been named Allen Burgess and is the 13th child, eighth son. Mrs. Thornberry before marriage was Miss Edna Caldwell.

Mr. and Mrs. Eugene Ramsey of Rt. 4, Falmouth, announce the arrival of a daughter, born January 26. She has been named Candace Alane. Mrs. Ramsey before marriage was Miss Frances Menach. Mr. Ramsey is well-known farmer.

75 Years Ago

February 17, 1939

Jack Gosney has sold his farm of 75 acres, two miles north of Butler on Highway 27, to Russell Redmon.

Miss Sydney Redmon spent the weekend with her parents, Mr. and Mrs. H.S. Redmon, in Paris.

Mr. and Mrs. Fred Caldwell of Dry Ridge are entertaining a new 8-lb. baby son at their home.

Born to the wife of Eugene Ducker of Lake View on February 3, a fine 7-lb. daughter. The little Miss will answer to the name of Dorothy Jean.

Mrs. J.E. Wilson entertained with a birthday dinner on Sunday honoring Dr. Wilson, who celebrated his birthday anniversary on Saturday, Feb. 11.

James Carpenter, who is located in Lexington with the Greyhound Bus Lines Company, spent Saturday night here with his mother, Mrs. Ina Carpenter.

Born to the wife of Clarence Cummins, of near Bethel, at the Booth Hospital in Covington on Thursday, February 9, a fine little son. The little man has been named Donnie Lee and he weighed 8 lbs. at birth.

Born to the wife of Woodrow Jett of Falmouth on January 24, a fine baby girl. The little Miss has been named Willena Violet.

Joe Courtney and Mrs. Sadie Davis of this city were married by County Judge W.J. Newkirk on February 4.

A Valentine Party was given at the home of Bobby Best on Monday afternoon, it being his 7th birthday.

Falmouth won two games from Oddville at the local gym last Friday night. Browning, forward for Falmouth, led his team in scoring.

100 Years Ago

February 20, 1914

For the past week the mercury has been around zero and the ground is covered with about a foot of snow.

Mrs. George King died Saturday morning at her home at Neave.

Mrs. Wm. Crowley died at her home at Demossville, Saturday.

Born, February 10, to the wife of Fred Burlew of Casper, Wyo., a fine son.

Mrs. Archie Galloway fell Thursday morning last, fracturing her ankle.

Fred Hafer, 81, died suddenly last Thursday, February 12, at his home near Portland.

Mr. Howard Showalter hitched Old Maude to the sleigh Sunday and went over to see his best girl.

The cattle market at Mt. Sterling Monday was the highest in years, steers selling by the head of 9 cents lb., with 8 cents being offered.

Orie McKenny has sold his residence in the East End to Mr. and Mrs. Thomas King of this city for \$2,000.

A Valentine Party was given by Mrs. Charles E. Arnold of Morgan to her five nieces, three cousins and their valentines in honor of her niece, Miss Omega Dance.

John Larkin and Miss Alice Mallow were united in the holy bonds of wedlock. Rev. Father Martin Delaney officiated.

Mrs. Thomas King of this city has sold her 46 1/2 acre farm near Bachelor's Rest to Lawrence Palmer for \$1,000.

Leonard Fields sold 3,010 lbs. of tobacco at the Burley House last Friday at an average of \$13 per 100.

Orie Gruell and Miss Ida Sweeney were married in Covington, February 14.



Girl Scout Cookie booths to be at Wyatt's

The Pendleton County Girl Scouts held a Cookie Rally on Saturday, January 4 at the Butler Methodist Church to kick off this year's cookie season. The girls learned about planning, budgeting, money management and advertising. They also practiced cookie selling techniques and scenarios and made posters to "bling" their cookie booths. Help support the local Pendleton County Girl Scout troops. Cookie booths will be set up at Wyatt's SuperValu the weekends of February 1-2 and February 8-9. Can't make it those days? Call Jennifer at 859-391-4737 to find a local girl to purchase from or for more info about joining Girl Scouts.

PC Library offers literacy kits

The Pendleton County Public Library now offers literacy kits for check out! Each

kit is comprised of a picture book and a collection of related games, songs, and other activities designed to make reading interactive and enjoyable for young children. Contents of the literacy kit can help bring books to life and deepen the reading experience for children. These kits are perfect for parents, daycare providers, and teachers to use in a preschool setting. Kits can be checked out for a two week period. For a list of available literacy kits, please call the library at 859-654-8335.

Styles 101 Salon

CUTS, PERMS, STYLES, PIERCING, UPDOS, MANICURES & PEDICURES

Owner/Operator: Sheila Utz
Falmouth 859-905-8812
Butler 859-472-5100
1099 Ridgeway Ave
(Next To McDonalds)

Sharp Benefits, Inc.
Your Connection to Health Insurance
CHANGE IS COMING!
Health Care Reform - In 2014
Don't try to figure it out on your own.

What is the EXCHANGE? How do you apply? Where do you go to apply? What is mandatory?
How do I pay for it? Will I qualify for assistance?

Health Care Reform says you must have health insurance, but you don't have to try and figure it out on your own.

We can be your navigator through the storm.

We Are Here To Help
859-654-2696
dsharp@sharpbenefits.com
Debbie M. Sharp, CEBS
Independent Insurance Agent

Arnold's work featured at library

The featured artist at the Pendleton County Public Library for January and February is Betty Arnold. Betty's medium is pencil and she features many familiar sites in the Morgan community. Please stop by and take a look at this wonderful display! The library is open Monday through Thursday from 9 a.m. - 8 p.m., Friday and Saturday from 9 a.m. - 5 p.m., and Sunday from 1 - 5 p.m.

BISON SERVICES

HVAC / ELECTRIC
Residential - Commercial
606.747.0322

HVAC License # M04890 Electric License ME26829

Serving all your Heating and Cooling Needs

NOW OFFERING
DUCT CLEANING SERVICES
AND
SEASONAL MAINTENANCE CONTRACTS

www.edwardjones.com

With So Many Choices, Why Would You Choose to Pay Taxes?

Tax-Free Municipal Bonds
.20% TO 4.68%*

*Yield effective 01/17/2014, subject to availability. Yield and market value may fluctuate if sold prior to maturity and the amount you receive from the sale of these securities may be less than, equal to, or more than the amount originally invested. Bond investments are subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease and the investor can lose principal value. Any bond called prior to maturity results in reinvestment risk for the owner of the bond. May be subject to alternative minimum tax. Municipal bonds may have original issue discount.

Some of the available issues of bonds are callable. Contact your local Edward Jones financial advisor for more information about maturity dates and applicable call provisions.

To invest in tax-free bonds, call or visit your local financial advisor today.

Mark J Trachsel
Financial Advisor
136 East Pike Street
Cynthiana, KY 41031
859-234-0368

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC

OPINION



Back Yonder

By Marvin Sullivan

"Rex"

I have owned a dog of some type all my life. I prefer hounds or terriers. They are so friendly and gentle. None of the dogs I have ever owned were valuable. Whatever value my dogs had, came from the love and attention they gave me. They were always glad to see me early in the morning or late at night. My dogs were content to let me boss and never challenged or took offense to anything I did. They make me feel important. Whenever the world seemed to be falling apart, all I had to do to see that someone cared was to whistle for my dog and he would come wagging his tail.

I have never seen too many bad dogs. The source of ill tempered dogs is the way in which man handles them. I have been bitten twice in my life and I recall the incidents vividly. These two occurrences continue to make me nervous around any dog that has a reputation for biting people and also causes me to be uncomfortable around the owner. I know some may say that they must keep a vicious dog for protection, but I sometimes believe that the presence of a biting dog adds suspicion and mystery to any environment.

My first dog was a black and tan coonhound I called Rex. Rex had a boxy head, long ears, feet that flopped like pancakes, a lazy disposition, and evidently a look that the sincere hunters did not like.

Rex came from a litter of eight. During the 50s, most farm families had six or eight kids, and just as many dogs. Our neighbor owned Rex's mother, and had sold the rest of the litter, but none of the coon hunters liked Rex, so he gave him to me.

Rex was a cute pup, but I was never able to make a coon hound out of him. He caused a disturbance every time we took him on a hunt. When we were hunting, Rex would stay real close to the lantern. When the group would stop, he would begin scratching and digging to make a bed where he would lie patiently until the group moved again.

The older hunters would especially become enraged when Rex would get in their way or when they stepped on him. At times they would curse him and throw sticks at him, but for some reason, I loved the old dog so much that I was never able to part with him.

Store bought dog food did not exist at this time for a country hound. Our dogs ate what they were able to catch and the little bit of table scraps left over after a meal. As a result, most farm dogs were as "thin as a rail."

Rex had one bad habit. He was without doubt the greediest dog when it came to eating I have ever seen. When scraps were thrown out, and other dogs were present, he would bristle up, show his teeth, and fight viciously until he had eaten everything in sight.

He was not particular when it came to food. He



would eat anything. I don't believe he had taste buds, because he would swallow his food whole. Cold biscuits would vanish with one gulp. He would take only one bite for a chicken bone. He would even eat watermelon rhines, if they had a little grease on them and cold potatoes and gravy were his favorites. Rex must have had a "steel" stomach. His bad habit almost got me in trouble.

Dad had an old gold Elgin pocket watch he prized very dearly. He had found the watch while playing as a boy and had carried it in his pocket from that time. Because of it's age, quality, and sentimental value, no money could have bought the watch.

I was perhaps six years old and was beginning to learn to tell time. Clocks were not plentiful in homes at this time and Dad had permitted me to use his watch to practice. The only stipulation was that I was to be extremely careful when the watch was in my possession.

One night as I was practicing with the watch, I was called to dump the table scraps. Without giving it much thought, I grabbed the "slop" bucket and headed for the back of the smokehouse where we commonly dumped the scraps on a flat rock.

There waiting, with tails flying, were seven thin hounds, plus Rex! They all looked very happy; similar to the way a child would look at Christmas. As I neared the rock, Rex was already bristled up, and growling with his teeth bared. He was positioning himself for a front spot.

I always liked to see Rex get his share, but I knew if I placed the scraps in a pile, the other dogs would not get any. With this thought in mind, I turned in a pitcher's stance and hurled the scraps into the yard. Among the contents were: three soggy biscuits and gravy that had been left over from breakfast that morning, a glob of fat that had been used to season soup beans, some greasy potato peels, and a shining object.

To my fears realization, I concluded the identity of the last object. It was the watch!! I had been carrying the watch,

secured with an old leather strap, around my wrist. I suppose the leather had become rotten over the years of constant use and as I threw the scraps, the weight of the watch and the brisk movement was too much.

No sooner had the leftovers hit the ground than did Rex begin to gobble. I watched him swoop two biscuits with one motion. He was about to start with the gravy when another hound approached. This threat made him attack the food even more rapidly. In his hurried attempt to get all the food, his next object was the pocket watch that had been camouflaged with a greasy potato peel. Even though I kicked and yelled, Rex made no attempt to stop eating. My hopes soon vanished as Rex made two faint coughs in an attempt to reject the foreign object. His cough helped only in being able to swallow the leather strap.

The news of the lost watch brought a heavy sentence for Rex: "I guess Rex will have to be killed." I suppose my cries and pleas were successful, because a deal was made. Rex would be given a last chance. He was to be kept tied and observed. If the watch did not appear within a few days, Rex's fate was already made.

I tied Rex with a strong chain and collar and fed him with every available leftover particle of food. I don't know if it was because of the watch or the special care, but he seemed to be a little nervous about all the attention.

As luck would have it, in about three days the watch appeared (minus the strap). In fact, the watch had the correct time. Dad, Rex, and I were especially happy.

Rex lived to be an old dog and finally just left one night and never returned. They say old dogs will do this, just go off and die.

I recall the last time I fed him before he left. He had lost his hearing, his muzzle was gray in color, and he only had a few teeth, but as I poured the scraps on the ground, he bristled up, showed what few teeth he had, and growled before he took his first bite, even though there were no other dogs present.

"Don't get the impression that you arouse my anger. You see, one can only be angry with those he respects." ~ Richard Nixon



Rabbi Ben Ezra

By Owen Collins

How does this Winter compare with the Winters in 1977 and 1978 and 1963?

Introduction

When Janice and I left Butler for Florida on January 3, it was 2 above zero. According to our neighbors, the temperature that day did not get above 8 above and fell to 10 below that night. And, as you are well aware, it has been a relatively cold and snowy winter thus far. We began to wonder how this winter compared to other unusually cold and snowy ones. We talked with some old timers and consulted with Ms. Cheri Figgins, Director of the Pendleton County Public Library which has files of most, if not all, of the Falmouth Outlooks. Following are our findings:

Cheri said that she remembered 1977 and 1978 as being very harsh winters. She graduated from Pendleton County High School in 1977. She elaborated, "I went home for Christmas break and school did not reconvene until February 1. I remember skating on the ponds on my Father's farm; on those that he did not chop a hole in so the cows could get water. In 1978, while a student at Cincinnati Bible College, we used cafeteria trays to slide down the hill on Price-Hill Street. As a teenager, I thought it was a great adventure...these two winters...but now, as an adult, I see them as an ordeal!" Cheri, as usual, was most helpful and cheerful in locating information and sent several pertinent copies of *The Falmouth Outlook* to Florida via email.

The Winter of 1977

The January 14, 1977 issue of the Falmouth Outlook led by saying, "Twelve or more inches of snow that began on Sunday had paralyzed Pendleton County and all of northern Kentucky"...Pendleton Circuit Court was postponed for a week...Compounding the problem on Monday was a brisk wind that caused drifts as much as eight feet thick...There was a report that the Falmouth garbage truck got stuck Monday going to Greenwood to the landfill and when Rocky Jenkins, the driver got out of his truck, only the top of his hat was visible...Hobe Ball of Western Auto sold out his supply of sleds, car chains, and snow shovels...Pendleton County Schools were closed for the week (month)...Temperatures dropped to zero and the Licking River was frozen completely over...The mail truck that serviced Falmouth broke down with a frozen fuel line and was over four hours late...Postmaster Wilbur Ritter said that his mail carriers were able to reach only 20% to 30% of their customers. ...Many places of business were closed Monday, including Dr. Scholl's Shoe Plant.

The Winter of 1978

If the winter of 1977 was bad, the winter of 1978 may have been worse. The Falmouth



Stanley Bishop driving his truck in the winter of 1978 near Hayes Station Road and pictured in the back, from left, Brian Crouch and James O'Hara.

Outlook recaps the stress in its February 3 issue: The lead story said: "On January 25th, the rain turned to snow, temperature dropped to zero and the wind chill was 50 below...Falmouth and Pendleton County were paralyzed...Governor Carroll proclaimed a state of emergency and ordered only essential vehicles to be on the highways...The emergency order was lifted at noon on Friday, after 24 hours...Most persons were confined to their homes...No greyhound buses...No bread...No milk trucks...Nearly all services were suspended for two days...Most places of business were closed on Thursday and Friday...Some until the following Monday."

The Pendleton County Road Crew was lauded for its efforts in clearing the roadways and Judge Executive David Pribble was singled out for his outstanding leadership: "He was able to plow his way through Jagg Road so that Owen County RECC men could get to fallen lines to restore electric power to a wide area in western Pendleton and Grant Counties."

I asked David about this and he said that he and some others worked all night during this blizzard and one challenge was to find a service station open to refuel.

Continuing, Bill Nelson made a dangerous trip to Cincinnati on Thursday to procure coats and blankets from the Red Cross because there were several stranded motorists and churches were attempting to care for them...Five locations opened their doors including Butler Christian Church, J. Pine Grove Methodist Church, and Peach Grove Fire Department...A woman and her baby on Hightower Road were rescued by the Falmouth Fire Department when she ran out of fuel oil to heat her house...Other rescue efforts were made throughout Pendleton for persons without heat, medicine or food...One of the city postal deliverers, George Lach, delivered mail on foot after his jeep broke down.

The Winter of 1963

An old-timer who lived at Butler, a person of high integrity, recalled measuring snow that was 40 inches in his yard in the 1963 winter. The thermometer

showed 24 below. He said that three thermometers on Flour Creek showed 39 below, 39 below, and 40 below. He further indicated that Flour Creek was always the coldest area around Butler, probably due to how the valley lies.

This man ran a service station and he said that at one time he was 88 calls behind in assisting motorists. "At one time I had approximately 30 persons who were in my service station, persons stranded or seeking my assistance. I did not go home for three days and three nights. Authorities closed Highway 27 and this caused more motorists to pile into my place of business, including a lady with a chauffeur in a limousine. She requested that she be allowed to sleep in her car in a service bay. We accommodated her."

Another call he remembered distinctly. A woman was nearing childbirth in a house that sat below the highway and her husband could not get his car up the incline to where the highway had been cleared. He took his wrecker to the site, pulled the car up the gravel driveway, and her husband was then able to transport her to the hospital.

I asked if he made a lot of money during this blizzard. "No," he answered. "If I broke even, I was lucky. When on a call, I would help three or four others and not charge them. The family that was about to have the baby...I didn't charge them. They needed help, and I was there. People pull together in times like that!"

Finally, he said that his wife has a video of her and some members of her family walking on the ice when the Ohio River froze over in 1977. "I can't brag her on winter exploits," he chuckled.

As I write this article, I have just talked to Carol Wolfe on Boss-Dunaway Road. He said that they have six inches of snow and the temperature is supposed to reach 4 below on Wednesday, January 22. Even so, the winter of 2014, so far, pales in comparison to the winters of 1977, 1978, and 1963.

It is interesting and remarkable how the larger community of Pendleton came together to help those in need as they faced these terrific winter storms!

LEGISLATIVE PERSPECTIVE ON KENTUCKY GENERAL ASSEMBLY



Every so often during a legislative session, the Kentucky House of Representatives will take a moment to pay tribute to a select group of people who are doing their part to move Kentucky forward.

With that in mind, I was proud to sponsor a resolution last week that recognized our charitable food banks, which were also honored during a ceremony in the Capitol Rotunda.

This resolution, which drew unanimous support in the House, formally declared January 14 to be Kentucky Food Bank Day, which highlighted the fact that an estimated 620,000 Kentuckians regularly depend on our food pantries, shelters and soup kitchens. All told, they served about 44 million meals last year, a major step forward in the state's effort to end hunger in the commonwealth.

This resolution builds on an earlier law I was proud to sponsor to give a tax break to farmers who donate excess produce to charitable food banks.

Another highlight last week for farmers came during a meeting of the House Agriculture and Small Business Committee, which I oversee as chairman. My legislative colleagues and I heard from John McCauley, the state executive director for the USDA's Farm Service Agency, who confirmed that tobacco farmers can soon expect about 95 percent of their final tobacco settlement payment, with the remainder coming later this year.

As you may recall, this issue

unfortunately got caught up in the federal sequestration cuts, which led to a sizeable reduction in a variety of federally funded programs. While it would be better to have the full Phase II payment at one time, I am pleased that at least nothing will be lost.

During that same meeting, we had the honor of hearing from Nancy Cox, the new dean at the University of Kentucky's Department of Agriculture. The school plays a major role in training tomorrow's agricultural leaders, so it was good to hear from her and the vision she has for the department.

On the House floor, we approved two bills last week that, in their own way, would benefit a large number of Kentuckians.

The first of those would make it possible for businesses to incorporate as public benefit corporations. This may sound technical at first glance, but it could have a real-world impact for our communities, because these companies willingly and publicly hold themselves to a higher standard in such areas as recycling, volunteering and using local suppliers even if cheaper alternatives may be available. Nearly 20 states have already passed similar legislation. As Delaware's governor put it last year when his state became the latest to pass this law, the goal is to "harness the power of private enterprise to create public benefit."

The other noteworthy bill the House sent the Senate last week has been through our chamber numerous times

before. There is a growing belief, however, that it has its best chance of passing this year.

If that happened, voters in November would be asked to update our state's constitution to restore voting rights for most ex-felons after they have served their sentence. Kentucky is one of just a few states that does not automatically grant voting privileges; under current law, it takes action by the governor to restore these rights.

It's estimated that 180,000 people would benefit if this amendment was approved. There would be some exceptions, which in this case would include those convicted of murder or sexual crimes like rape.

This week, the highlight will be Governor Beshear's budget address, during which he will lay out his priorities for the final two years of his administration. The House will have the first opportunity to make changes, and a compromise with the Senate should be finalized by mid-April at the latest. Once signed into law, the budget would take effect on July 1st.

I will look more closely at the governor's recommendations in the next column. In the meantime, if you have any question about bills being considered by the General Assembly - or if you have a student who would be interested in being a legislative page for the day - please let me know.

You can write to me at Room 332B, Capitol Annex, 702 Capitol Avenue, Frankfort, KY 40601.

You can also leave a message for me or for any legislator at 800-372-7181. For those with a hearing impairment, the number is 800-896-0305.

I hope to hear from you soon.

SEN. KATIE STINE REVIEWS KENTUCKY CONGRESSIONAL WEEK



The 2014 Regular Session is now in full swing and job creation, education, health and safety issues and good government are among the priorities emerging. As a member of leadership I have been focused on making committee assignments for proposed legislation to ensure that each issue is addressed by the committee of corresponding jurisdiction. Committee meetings are taking place each morning and then the full Senate meets each afternoon. In between, I continued meeting with constituents and stake holders regarding a myriad of issues. I have been especially focused on the rising rate of heroin addiction, overdose deaths, and other drug related crimes in our community.

In response to this epidemic, the Senate passed my Senate Bill 5 that is the result of several years of research and collaboration with community leaders, Cabinet Secretaries of both Health and Family Services and the Justice Cabinets, addiction treatment specialists, members of the court system and law enforcement personnel.

In an effort to both fight crime and save lives, this legislation creates new strategies in the fight against heroin trafficking and addiction that is plaguing

Northern Kentucky and spreading across the state. These strategies include focused treatment, education and interdiction. Sentences for traffickers will be harsher, and they will face prosecution for criminal homicide for the overdose deaths caused by their drug dealing. More resources will be available for education about the deadly addiction of heroin in hopes that people will understand that trying the drug just once will lead to a life of dependency, death, or at best, a life-long struggle against addiction. Medicaid will begin paying for substance abuse treatment for addicts that need a way out of their self-constructed prison of heroin addiction.

I want to thank those who see the critical need for this legislation and testified for the bill during Thursday's committee hearing. Among those who spoke were House Representative John Tilley, Secretary of the Justice Cabinet J. Michael Brown, Eric Friedlander, Deputy Secretary of the Cabinet for Health and Family Services, Chief Deputy Attorney General Sean Riley, Campbell County District Judge Karen Thomas, Van Ingram of the Kentucky Agency of Substance Abuse Policy, Bellevue Police Chief

Wayne Turner along with prevention professionals, and many families and groups such as Holly and Eric Spect who started Northern Kentucky Hates Heroin and who have lost loved ones to heroin overdoses and want to use their tragedy to help others avoid similar tragedies. I urge you to follow the progress of this legislation, support it, and ask friends, legislators and policy makers to also voice their support. They can do so by calling the toll free message line here in Frankfort at 1-800-372-7181 and urging passage of SB5.

Monday, January 20 the General Assembly was not in session in honor of the Rev. Dr. Martin Luther King who bravely devoted his life, and lost it, for the noble cause of civil rights for all.

It took the dedication of many to work for something bigger than any one person. As the leaders and lawmakers of Kentucky meet in the coming months, I hope we can have similar vision and work together for healthy communities with unlimited economic opportunity for all. The decisions that we make today will have lasting consequences for future generations and we have an obligation to get it right.

I appreciate your comments and input. Please contact me through the Legislative Research Commission's toll-free message line at 1-800-372-7181. Also, you can follow the work of the General Assembly at www.lrc.ky.gov.

NEWS FLASH

Hart announces candidacy for State Representative, 78th House District

Mark Hart of Falmouth, Ky., filed his candidacy papers seeking election to the 78th District House Seat on January 21 at the Secretary of State's office in Frankfort, Ky. Mr. Hart was accompanied by Chairman Billy Matthews, Pendleton County Republican Party and Vice-Chairman Sam Pierce, Harrison County Republican Party, who respectfully signed his application to run for this office.

After filing his papers, Mr. Hart was joined in the Capitol Rotunda by Senator Majority Leader Damon Thayer (R-Georgetown), Minority Leader of the House Jeff Hoover (R-Jamestown), Minority Whip of the House John Carney (R-Campbellsville), Representative Brian Linder (R-Dry Ridge), Representative Adam Koenig (R-Erlanger), Pendleton County GOP Chairman Billy Matthews, Harrison County GOP Vice-Chairman Sam Pierce, and Scott County GOP Chairman Mike Bradley, who along with Mr. Hart's family, congratulated him and offered their support for a successful campaign. Afterwards, Mr. Hart was joined by Senate President Pro Temp Katie Stine (R-Southgate) who also congratulated him and offered her support.

Mr. Hart is a professional firefighter/paramedic with the Lexington, Ky. Fire Department. He is a 15 year veteran of the department, holding the rank of lieutenant and serving as an engine company officer.

Mr. Hart entered local politics in 2002 when he ran for and was elected to the Falmouth City Council. He took office in 2003 and served on the council until February of 2007 when he was appointed by Governor Ernie Fletcher to fill a vacant magisterial seat on the Pendleton County Fiscal Court. Mr. Hart served on the fiscal court until the next general election when Bobby Fogle was elected to the seat. Mr. Hart was then re-elected to



Falmouth Mayor Mark Hart announced his candidacy for State Representative, 78th House District on January 21. Pictured from left: Mark Hart and Senate President Pro Temp Katie Stine.

the Falmouth City Council where he served until January 2011. At that time he took office as mayor of Falmouth, in which capacity he continues to serve today.

Mr. Hart, a life-long resident of Pendleton County, graduated from Northern Kentucky University in 1993 earning a Bachelor of Science in Biological Sciences. Upon graduation he joined the Ky. Army National Guard and proudly served his country and the Commonwealth for six years as an artillery man and nearly three years as a combat MP and medic.

Mr. Hart currently resides in Falmouth, next to the house he grew up in, with his wife Lisa Jones Hart and his two daughters, Hannah and Morgan Hart. Mr. Hart's wife grew up in Harrison County in the Berry area and is a 1993 graduate of Harrison County High School. Mrs. Hart graduated from Morehead State University with a BA in 1997 and a MA in 2004.

She earned a certification in 2013 through Marshall University, which allowed her a Rank 1 status in teaching. She currently teaches at Sharp Middle School in Butler, Ky.

Mr. Hart, when asked why he decided to seek election to the 78th District House seat, stated, "After almost 18 years of service by Representative Tom McKee, it's just time for a change." Mr. Hart further added, "Without periodic change in our elected representation, we, as a society, are doomed to become complacent and accept the status quo leadership that eventually erodes our liberties. I'm looking forward to the opportunity to travel throughout the 78th district counties to learn the issues facing its citizens and to discuss ways in which I can help address these issues once elected to the general assembly."

Paid for by Mark Hart, candidate for State Representative.



After filing his papers for the 78th District House Seat, family and supporters joined Hart in the Capitol Rotunda. Front row from left: Lisa Hart, Morgan Hart, Hannah Hart, Pat Hart. Back row: Pendleton County GOP Chairman Billy Matthews, Representative Brian Linder (R), Senate Majority Leader Damon Thayer (R), Mark Hart, House Minority Leader Jeff Hoover (R), Harrison County GOP Vice-Chairman Sam Pierce, House Minority Whip John Carney (R), Scott County GOP Chairman Mike Bradley.

Faulkner announces candidacy for Pendleton County Judge Executive

A great American once said, "Great leaders are almost always great simplifiers, who can cut through argument, debate and doubt, to offer a solution everybody can understand." It is with this leadership philosophy that I, Lee R. Faulkner, Jr., announce my candidacy for Pendleton County Judge Executive. As a lifelong resident of Pendleton County I have dedicated my life to the betterment of the community. I have served as a volunteer with the Falmouth Fire Department, as the chairman of the Pendleton County Water District, and on various other committees dedicated to improving our community. I have also had several opportunities to prove my leadership abilities in my career and as an active member of the Har-



LEE R. FAULKNER JR.

vest Community Church.

As a lifelong resident I understand the unique needs of our community. My wife of 36 years, Darlene Mason Faulkner, and myself were both raised with strong Christian val-

ues and morals by our parents Dorothy (Dottie) and the late Lee Roy Faulkner and Louise and the late Glenn Mason. We are proud to have raised our four sons in Pendleton County and it is a great pleasure to see them raise our three grandchildren.

I am both excited and humbled to be able to run for the office of judge executive as a Democratic candidate. I look forward for the opportunity to serve the people of Pendleton County by working with our elected officials, finding solutions to the problems in our community and ensuring future prosperity so that Pendleton County will continue to be a place we are all proud to call home.

Paid for by the campaign fund of Lee R. Faulkner, Jr.

MEDICAL DIRECTORY

Using dietary supplements wisely

Like many Americans, you may take dietary supplements in an effort to stay healthy. With so many dietary supplements available and so many claims made about their health benefits, how can you decide whether a supplement is safe or useful? This fact sheet provides a general overview of dietary supplements, discusses safety considerations, and suggests sources for additional information.

Key Points

Dietary supplements contain a variety of ingredients, such as vitamins, minerals, amino acids, and herbs or other botanicals. Research has confirmed health benefits of some dietary supplements but not others.

To use dietary supplements safely, read and follow the label instructions, and recognize that "natural" does not always mean "safe." Be aware that an herbal supplement may contain dozens of compounds and that all of its ingredients may not be known.

Some dietary supplements may interact with medications or pose risks if you have medical problems or are going to have surgery. Most dietary supplements have not been tested in pregnant women, nursing mothers, or children.

The U.S. Food and Drug Administration (FDA) regulates dietary supplements, but the regulations for dietary supplements are different and less strict than those for prescription or over-the-counter drugs.

Tell all your health care providers about any complementary health approaches you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.

About Dietary Supplements

Dietary supplements were defined in a law passed by Congress in 1994 called the Dietary Supplement Health and Education Act (DSHEA). According to DSHEA, a dietary supplement is a product that:

Is intended to supplement the diet

Contains one or more dietary ingredients (including vitamins, minerals, herbs or other botanicals, amino acids, and certain other substances) or their constituents

Is intended to be taken by mouth, in forms such as tablet, capsule, powder, softgel, gelcap, or liquid

Is labeled as being a dietary supplement.

Herbal supplements are one type of dietary supplement. An herb is a plant or plant part (such as leaves, flowers, or seeds) that is used for its flavor, scent, and/or potential health-related properties. "Botanical" is often used as a synonym for "herb." An herbal supplement may contain a single herb or mixtures of herbs. The law requires that all of the herbs be listed on the product label.

Research has shown that some uses of dietary supplements are beneficial to health. For example, scientists have found that folic acid (a vitamin) prevents certain birth defects. Other research on dietary supplements has failed to show benefit; for example, several major studies of the herbal supplement echinacea did not find evidence of benefit against the common cold.

Dietary Supplement Use in the United States

According to the 2007 National Health Interview Survey, which included questions on Americans' use of natural products (not includ-

ing vitamins and minerals), 17.7 percent of American adults had used these types of products in the past 12 months. The most popular of these products used by adults in the past 30 days were fish oil/omega 3/DHA (37.4 percent), glucosamine (19.9 percent), echinacea (19.8 percent), flaxseed oil or pills (15.9 percent), and ginseng (14.1 percent). National Health and Nutrition Examination Survey (NHANES) data collected from 2003 to 2006 that covered all types of dietary supplements indicate that 53 percent of American adults took at least one dietary supplement, most commonly multivitamin/multimineral supplements (taken by 39 percent of all adults). Women were more likely than men to take dietary supplements.

Sources of Science-Based Information for Dietary Supplements

It's important to look for reliable sources of information on dietary supplements so you can evaluate the claims that are made about them. The most reliable information on dietary supplements is based on the results of rigorous scientific testing.

To get reliable information on a particular dietary supplement:

Ask your health care providers. Even if they do not know about a specific dietary supplement, they may be able to access the latest medical guidance about its uses and risks.

Miles Body Shop
859-654-3711

Rodney Miles, owner
Broadford Road, Falmouth

MARTIN
SENIOR
PAINTS

INSURANCE WORK • BODY WORK

We also offer wheel alignments

"Body repairs and expert refinishing"

Auto Glass Repair • Tire Sales • 24 hr. Towing

FAMILY CARE ASSOCIATES



Your Family Is Our Specialty

J. Gregory Cooper, MD Brian T. Mulberry, MD
R. Henry Norfleet, MD Crista S. Crowdy, PA-C
Kathy Hammond, APRN R. Karen Keagle, APRN

CYNTHIANA
1210 HWY 36 E, Ste. 2C
859-234-6000

FALMOUTH
1120 W. Shelby St.
859-654-6966

www.familycareassociates.net

**Evening & Saturday Hours
Available By Appointment**

SPORTS

Mason Monroe continues to improve during freshman season at Transylvania

By Sam McClanahan, Reporter

Former Wildcat Mason Monroe has continued his stellar play for the Transylvania Pioneers as the team enters the final month of the regular season.

Through 17 games, Transy posts a 6-11 record. The Pioneers had a season-high three game winning

streak snapped last Wednesday, January 22. Monroe leads the team in minutes per game (30.8), and assists (48). He's fourth on the club in scoring at 11.9 points per game and is shooting 84 percent from the free-throw line (76-90).

"Things have been up and down recently," said Monroe. "We just had our

winning streak snapped and now we've dropped two straight. The season is winding down and hopefully we can head into the tournament playing our best basketball," he continued.

The Pioneers have just eight regular season games to play before moving into the HCAC postseason tournament.

Kentucky hunters post record deer harvest

A year after establishing an overall deer harvest record, Kentucky hunters did it again.

The 2013-14 deer season in Kentucky ended Jan. 20 with a total harvest of 144,404 animals. That represents a gain of more than 9 percent over the previous record set during the 2012-13 season.

"This year we were ahead of the curve," said David Yancy, deer biologist with the Kentucky Department of Fish and Wildlife Resources. "Hunters harvested more deer in September than they ever had, the October youth weekend was the best it had been since 2008, there was a slightly better than average muzzleloader season and then modern gun season was way better than it normally is. It sort of held throughout."

A spotty crop of acorns and other hard mast across Kentucky had deer on the move, and made them more vulnerable to hunters.

An increase of about 9,000 deer permits sold - about one third of those coming through youth sportsman's licenses - also meant there were more hunters in the field.

"The poor acorn crop was a major factor in getting those deer out into the open and into the harvested corn fields and the food plots," said Tina Brunjes, deer program coordinator with Kentucky Fish and Wildlife. "The weather during the modern gun season and during the muzzleloader season was not as wonderful as it was last season, but we didn't have any epic ice storms or some sort of huge flood. Hunters were able to get out."

Harvest totals for firearms, archery, muzzleloading and crossbow were up across the board. A record 104,619 deer were taken by firearms hunters. Archery hunters harvested 20,833 whitetails while muzzleloader hunters bagged 15,641 deer and crossbow hunters reported taking 3,311 deer.

Male deer accounted for nearly 54 percent of the deer harvested. Out of the 77,719 male deer taken, 9,962 were antlerless, according to telecheck data.

Three of the top five counties in terms of estimated deer densities produced the top harvest totals. Hunters in Owen

County took 4,069 whitetails to lead the state followed by Pendleton County with 3,464 and Crittenden County with 3,033.

Kentucky's deer herd was estimated at approximately 900,000 prior to the season. Herd estimates are derived through computer modeling that takes into account harvest and age structure data.

Brunjes tempered her expectations for this past season, thinking it might be average compared to the record harvest of 131,395 deer posted in 2012-13.

"We ended up with a huge, record-breaking year," she said.

After a second record harvest in as many seasons, deer are looking at a landscape that has more to offer, Brunjes said.

"The potential is there for the does that make it through this cold winter to have really high fawning success, and those bucks that make it through this cold winter, they're going to be the best of the best," she said.

"If we can get a good spring, we might not see the numbers next year, but we'll see a lot of quality deer out there."

Physicals required for spring sports eligibility

Tryouts for baseball, fast pitch, tennis and track/field will begin February 15. To be eligible for tryouts, a student athlete must have a physical on a KHSAA-approved physical form. Pendleton County High School offers all four spring sports while Phillip Sharp Middle School offers track/field. Middle school students of selected grade levels will also be eligible to try out for PCHS Wildcats Baseball and PCHS Ladycats Fast Pitch.

That form can be accessed in one of the four locations:

1) front office of either Sharp Middle School or PCHS; 2) on the counter of the Athletic Department located in the Griffin Fitness Center; 3) downloaded from the PC Athletic webpage at <http://pendleton.kyschools.us/athletic-Forms.aspx?form=ath>; or 4) downloaded from the KHSAA website www.khsaa.org.

If you have questions on tryouts for Sharp athletics, you can contact Faye.Thornton@Pendleton.kyschools.us.

If you have questions on tryouts for Wildcats Baseball, you can contact Aaron.Bid-

dle@pendleton.kyschools.us.

If you have questions on tryouts for Ladycats Fast Pitch, you can contact Steven.Peed@pendleton.kyschools.us.

If you have questions on tryouts for track and field, you can contact Marcia.Hatfield@pendleton.kyschools.us.

If you have questions on tryouts for either Wildcats or Ladycats Tennis, you can contact Jennifer.Harmeyer@pendleton.kyschools.us.

If you have any questions on athletics or the tryouts, you can contact Keith.Smith@pendleton.kyschools.us.

Upcoming senior events for the Class of 2014

The next few months will be very exciting, as well as busy for the Senior Class of 2014. Seniors Graduation Walking information forms are due by Friday, February 7 to English teachers.

Senior Council will be hosting a Quarter Auction on Saturday, February 8, 2014. The auction will be held at the Pendleton County High School cafeteria beginning at 6 p.m. Please see any Senior Council member, Mr. Brown, or Mrs. Hart for information or to purchase paddles.

The Senior Class will be having their "2014" picture

taken on March 19. All seniors will need to wear their black Senior Class shirt.

The Senior Trip is March 30 - April 4. All Senior Trip payments should be paid by March 14. The seniors will be traveling to Washington D.C. and New York to see many historical sites and the Broadway show, "Wicked." Senior Trip meeting will be at 7:15 p.m. on March 20 in the cafeteria. Seniors and a parent representative must attend this meeting.

Senior Week will be April 21-25 followed by the annual Powder Puff Football Tournament on April 25.

Other important senior information and dates to remember include January 30, during lunch, which is the last day to turn in cap, gown, and invitation orders to Balfour. February 20 is the boys' basketball Senior Night and February 13 is the girls' basketball senior night. Senior mock interviews are scheduled for April 9-11. Prom will be at the Newport Syndicate, April 19. Senior Night Awards will be on May 1 in the high school auditorium.

The senior class hopes to see you at the Quarter Auction February 8 and at all of the other upcoming events.

"I always felt that my greatest asset was not my physical ability, it was my mental ability." ~ Bruce Jenner

Wildcats routed by Royals in weather-shortened week

By Sam McClanahan, Reporter

The heavy snow and arctic temperatures of the last few weeks have taken quite the toll on the Wildcats regular season schedule.

Last Friday, January 24, the team took the court for the first time in 10 days against regional powerhouse Mason County.

The long layoff was evident early and often as the Royals raced to a 31-14 lead after the first quarter and cruised to a 101-59 win over the Cats. Mason County converted 34 points off 22 Wildcat turnovers while

shooting nearly 50 percent from three-point range (10-21). The Royals also got an astounding 70 points scored from its bench.

"It was just one of those games where everything went wrong early and we couldn't do anything to stop it," said head coach Ed Cravens.

The Cats shot just 37 percent from the field (19-51), as Michael Antrobus led the club with 15 points. The recent bad weather has not only limited the team from getting more game action under its belt but also much-needed practice time.

"We haven't been able to

Football Boosters to host Super Bowl party

Hey high school football fans! A Super Bowl Party will be held at 4 p.m. on Sunday, Feb. 2 in the gymnasium at Pendleton County High School. Admission is \$5 and the event is open to all high school students.

There will be cornhole, basketball, volleyball and lots of other activities. You can

take part or just come and hang out! Have fun cheering on your favorite team and watching the game on a big screen TV.

The game is scheduled to start at 6:25 p.m. and will be over by approximately 10 p.m.

Come and join the fun! Bring a friend or 10! There

will be lots to do.

Student or parent questions? Contact Tim Sander at timotheysander@fuse.net (859-322-5413) or Mark Beck at markdenisbeck@hotmail.com (513-503-9775).

This event is being sponsored by Pendleton County High School Football Boosters Club.

Kentucky Labor Cabinet warns employers of increased risk of carbon monoxide poisoning

Wintry weather and extremely cold temperatures mean an increased chance of cases involving carbon monoxide poisoning in the workplace. When fuel-burning equipment or tools are used in buildings or in semi-enclosed spaces without ventilation, workers can become ill or die from carbon monoxide poisoning.

"Carbon monoxide is so dangerous because it doesn't have an odor or a taste," said Kentucky Labor Cabinet Secretary Larry Roberts. "It becomes an increased hazard when workplaces start shutting windows and doors to keep out the cold weather."

The hazard of carbon monoxide (CO) poisoning results from the incomplete burning of natural gas and any other material containing carbon, such as kerosene, oil, propane, wood, coal or gasoline. Carbon monoxide is found in combustion exhaust produced by cars and trucks, small gasoline engines, stoves, lanterns, and in gas ranges and heating systems. During winter months, the possibility of cases of carbon monoxide poisoning increases among workers due to the use of equipment in indoor spaces that are sealed to block out the cold and wind.

The Center for Disease Control and Prevention reports that each year in the United States, CO poisoning is responsible for approximately 450 unintentional deaths and more than 20,000 emergency department visits.

The Kentucky Injury Prevention and Research Center (KIPRC) reports that from 2008-2012, there were more than 1,130 visits to Kentucky emergency departments because of carbon monoxide poisoning, and at least 82 of those cases were work-related.

"Carbon monoxide can lead to sickness or even death in a matter of minutes," said Dr. Terry Bunn, director of KIPRC. "The KIPRC is very glad to work with the Labor Cabinet to warn people about the dangers of carbon monoxide poisoning. Everyone should be aware of the causes, risk factors and symptoms, and anyone who suspects carbon monoxide poisoning should seek immediate medical treatment."

Who is at risk?

Workers most at risk include welders, garage mechanics, firefighters, diesel engine operators, forklift operators, toll booth or tunnel attendants, police officers and taxi drivers.

1/21 Crossword Corner Solution

N	O	W	A	Y			R	E	C		C	O	M	B	
A	L	A	M	O			E	D	O		A	S	I	A	
R	E	R	A	N			D	I	N		E	A	C	H	
C	A	S	S	I	A		O	F	T		S	K	A	T	
					N	I	X	I	E		A	A	H	S	
C	A	N	A	S	T	A		C	M	D	R				
I	R	A	N	I	A	N		E	P	A					
D	A	T	I	N	G					O	U	T	A	G	E
					C	O	D		A	R	B	I	T	E	R
				S	E	N	E		B	A	S	E	M	E	N
S	T	O	A			I	N	C	U	R					
C	H	U	B			S	S	R		Y	A	H	O	O	S
A	R	I	L			T	E	E			L	O	A	T	H
B	I	D	E			I	S	O			M	U	F	T	I
S	P	A	S			C	T	N			A	R	S	O	N

CROSSWORD CORNER

CLUES ACROSS

- Binder
- Move up and down
- Wild sheep of northern Africa
- Annoys
- An upward movement
- Ducktail
- Town in central Minnesota
- Philatelist's delight
- Carrier's invention
- Foreign travellers
- Aurochs
- Batter advanced score
- Show the way
- Steep rugged mass of rock
- Valley
- Digital data device
- Insert mark
- Breakout
- Dissention from dogma
- Kuhil and clown fish
- Unconsciousness
- Czech River
- Johann Sebastian
- Flows to the Danube at Belgrade
- World data organization (abbr.)
- Comedian Sahl
- Porch furniture wood
- Potato state
- American Pickers
- Yellow-fever mosquitos
- Edison's company
- Axis and offshoot angle
- Standard
- Blame (Scottish)
- Esoteric
- Pronounces

CLUES DOWN

- Any wrist bone
- Baltimore bird
- Czar's nation
- Regulated food
- Space next to someone
- Expunction
- Trauma center
- Spanish yes
- Matters
- Twist out of shape
- Toward
- Renders able for a task
- An extended social group
- Article
- GMA anchor's initials
- Streetcar
- Summer month (abbr.)
- Not widely distributed
- Plays great music
- Female 1776 descendants
- Speed gauge ratio
- Old English
- After B
- Expressing sorrow
- More hearty, firmer
- Taxis
- Single pip card
- 50th state
- A source of worry
- Eight sided
- Highest military valor award (abbr.)
- Former Harvard Pres. Derek
- Drinking tubes
- Loss of coordination
- Self-love
- Talus joints
- Accumulator
- Rural delivery
- Lady Soul's initials
- Prefix indicating abstraction
- Hawaiian goose
- Prince William's mom, Lady
- Aid organization (abbr.)
- Farm state

~CUPID'S~ COUPLES



Have A Cute Picture With Your Sweetheart Printed In The Falmouth Outlook Valentine's Day Special Section!

Submit a colored photo with your names and how long you've been a couple, along with \$15. You can stop by the office at 210 Main Street, email news@falmouthoutlook.com or mail everything in at The Falmouth Outlook, PO Box 111, Falmouth, KY 41040.

RELIGION

BUTLER BAPTIST
I Peter 5:1-4 tells us what we should expect from our pastor.
He has the right to be heard and it is important to listen to him. The pastor is the one who needs to take the lead and help others in

the church stand strong. He is also to feed the flock by preaching and teach the word. He feeds us spiritually and watches over his flock and care for their needs. He is also an example to the people of how to live for Jesus. The Church has the responsibil-

ity to take care of their pastor. He will be rewarded by Jesus as His faithful leader. In the end we all answer to God. We have a lot of work to do. We all are called to spread the word, stand on the word, and be there for each other. We are all servants of the church. Join us every Sunday as we learn how we can do the work Jesus has called all of us to do.

BUTLER METHODIST
How are we going to get past Jesus' death? Just remember the resurrection, Jesus showed us He loved us. This was the message from pastor Brian this Sunday.
Half court basketball is being offered for all those interested. Ethan, Clay and Cody are spearheading this new adventure. Come out and enjoy.

The children's message given by Cheryl Baker was about remembering and went right along with pastor Brian's message.

The ladies will try again to meet this Friday evening, weather permitting (again). Bible study will be held on Wednesday evening at River Valley at 7 p.m.

See Tammy or Ed if you would like one of the very nice calendars, these calendars are being offered to raise funds for Dennis Moneyhon and Lois Oldhams mission trip.

We already have two men signed up to go on the Emmaus Walk in March, anymore? The ladies walk will be held on March 13-16 too.

Please pray for Pam's co-worker who has cancer, for Carolyn's co-worker with cancer, Robin Sparks, Anna's friend, Kathy Craddock, Granny Bird, and we are thankful that Brenda Hitch is okay after her auto accident, and that over 87 people came out to wish Pops and Granny well on their 70th wedding anniversary celebration last Sunday.

God be with you through out this week. Come worship with us.

CHAPEL OF PRAISE
Praise the Lord, God is Good. Pastor Ronny's message on January 19 was titled

"As for us, we will walk in the name of the Lord our God forever and ever."
~Micah 4:5

"The Message of the Gospel." Taken from Titus 3:1-7. The message of the Gospel will always be the most important message of the day. We must remember where we were before we accepted the message of the Gospel Titus 3:3. God loves you, Jesus died for you and God will save you by His grace. If you miss the message of the Gospel you will miss out on the greatest message ever given. No greater message can we share except the message of the Gospel. For God so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life. John 3:16.

Come and visit with us at The Chapel. Have a blessed week.

FALMOUTH BAPTIST
What a great blessing we received Sunday morning when Williamson Branch, an incredibly talented bluegrass/gospel group, shared their talents with us. Our prayer is that they will continue to use their gifts to share the Gospel message with others through song.

Our peanut butter push for the Cooperative of Churches food pantry is almost over. Our goal is to collect 200 jars of peanut butter by the end of the month. All of this will be used to help feed hungry people in our community. Stay tuned to hear if we reached our goal. Better yet, why don't you challenge your church to collect a non-perishable food item too? Proverbs 22:9 tells us "the generous will themselves be blessed, for they share their food with the hungry."

If you are searching for a wonderful church family and a great place to worship, come join us at 4th and Maple!

FALMOUTH CHRISTIAN
Brother Rick's message was from Mark 8:34-38, "Your Family Tree."

Do you know your family tree? Jesus is the beginning of our family tree. We are nothing without Jesus. We must deny ourselves of our sins, and do what Jesus leads us to do. Death lay at the end of this journey. Today there are so few Christians in this world. So many people are choosing different things. If you don't know what salvation is, take up the cross, so Jesus will know you are a follower. Are you proud of your family tree?

Pray for the sick, the lost,

our country, our military and our elected officials. May God bless!

FALMOUTH WESLEYAN
Pastor Nick preached from I John 1:5-2:2 on Sunday, January 19.

The message was concerning how to restore broken fellowship. We were reminded that many of our relationships with people are broken because our relationship with God is not as good as we say it is. It is broken as well. We learned from the scriptures how to restore our broken fellowship with man and God.

We must first acknowledge any sin in our lives. Sin is darkness. We cannot hide even the smallest lie from God. We must then confess that sin. Jesus is faithful and just to forgive and to cleanse! Lastly, we must abandon sin. Once we are cleansed of sin we must continue to walk, not in darkness, but in light. "...if we walk in light as He is in the light we have fellowship with one another, and the blood of Jesus Christ His Son cleanses all sin."

The Spirit of God moved, and many sought a restored relationship on their knees at the altar.

The evening service was also exciting as we sang many hymns to our Savior, and were reminded not to give up the fight, because Jesus makes it possible for us to maintain hope in seemingly hopeless situations. Scripture was Hebrews 4:14-16.

MORGAN CHRISTIAN
Our world is so in need of people who will build up and encourage others. We never know when our words of encouragement affects someone else, or what our words mean to someone else. And it may take practice to invest our energy in building up, instead of tearing down. Yet, God's gift of the Holy Spirit is always available to help us in any way that we fall short.

At Morgan, we celebrate what God has done for us and continues to do for us through the sharing of the Lord's Supper. Every week, our Communion brings us again to meet the living Christ. And even though we are many, with different personalities, gifts, and histories, we become one through the amazing grace of God. At the table, we remember and are remembered. And we rejoice in God's refilling and refueling us for our calling to share God's love.

All are welcome at the

Lord's Table. Sunday school at 10 a.m. and worship at 11 a.m.

NEW ZION
Come join us for worship and Christian fellowship. Sunday school begins at 10 a.m., morning worship at 11 a.m. and evening worship at 6:30 p.m. Bible study is on Wednesdays at 7 p.m.

Upcoming opportunities are: a Valentine party given by Brother Rick and Tammy at 5 p.m. on February 9; the Ladies Sharing Circle will meet at 6:30 p.m. on February 21 (don't forget to bring a calendar for the swap); and a skating party for all the kids at Recca at 1 p.m. on February 22.

"Even there shall thy hand lead me, and thy right hand shall hold me." Psalm 139:10

Please remember in prayer David Hale, Sue Lucas, Jenny Badger, Lisa Tidwell, Pam Bruin, Valerie Ramsey, Jean Sharp and Larry Hamilton. Also pray for our country and its leaders.

OAKLAND CHRISTIAN
Bro. Jim's sermon told us to resolve to put our "gifts" into action. God gave all of us a special "gift" which we are to use and share.

We are starting choir practice February 5, preparing for the Easter season. Come join us.

"Family Movie Night" at 6 p.m., February 7 at OCC, starring Josh Hutcherson in "The Miracle Dogs." Come join us for the food, fun and fellowship.

Our sympathy to loved ones of Wink Meyer, Mary Sue Allender and Mrs. Tillie Odor. Prayer concerns include Bobby Johnson, Samantha McNabb, Teresa Barnard, LuAnn Holmes, Wilma Penny (Bro. Jim's mom), Donna Parker, Jerry Booth, Dwan Bowman, John Paul Santini, Darryl Roberts, Deb-bie Veirs, Randy Taylor, Melissa Bruin, Marshall Webb, A.J. Sanders, Billy Pugh, cancer issues, shut-ins, armed forces and our leaders.

TURNER RIDGE
Please know that we are praying for the community during these cold winter days.
During the children's message on Sunday, January 19, "Show and Tell" Bro. Dale showed the kids a slingshot, an ark and a cross. Then shared with them how God gave David the ability to use a slingshot; after the flood God set a rainbow in the clouds - a covenant made between God and Noah and every living creature. Lastly the cross - why did Jesus die on it? So we could become God's children.

Josie Miller read Acts 2:41-42 and Shonda Justus shared special music. The message "Stay in His Word" from Luke 24:45 "...opened their understanding, that they might comprehend the Scriptures." If we are truly God's disciples we will stay in the word and witness. Because He, our Lord, is patient "not willing that any should perish but that all should come to repentance." II Peter 3:9.

This week be sure to stay in the Word and listen for God's directions.

Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Gear Up for Game-Day with Buffalo Chicken Sliders

"These are super easy to make!"



Gathering friends to watch the big game and looking for something to serve? Make sure to add Tawni Cress' Buffalo Chicken Sliders to your menu game plan.

Wing sauce and blue cheese... in one?! Sign me up! This dish is delightfully easy and turns out one memorable game-day treat. Serve these and your guaranteed to earn some extra points.

See step-by-step photos of Tawni's recipe plus thousands more from home cooks nationwide at: www.justapinch.com/buffaloslidrs

You'll also find a meal planner, coupons and chances to win! Enjoy and remember, use "just a pinch"...

- Janet

Buffalo Chicken Sliders

What You Need	Directions
18-36 pre-cooked chicken nuggets	• Bake chicken nuggets according to package directions.
18 dinner rolls, store bought	• Meanwhile, mix together mayonnaise, dressing, wing sauce and celery salt. Set aside.
1/4 c mayonnaise, real	• Slice dinner rolls in half, to make buns. Lightly toast, if desired.
2-3 tbsp blue cheese dressing	• Spread rolls, top and bottom, with prepared sauce.
2-3 tbsp wing sauce	• Place one/two nugget (s) on each roll bottom, top with lettuce leaves.
1/8 tsp celery salt	• Top with celery sticks or serve along side. Put on top half of roll.
Baby lettuce leaves	
6 celery stalks, cut into matchsticks	

Submitted by: Tawni Cress, Midlothian, VA (Pop. 189,110)
www.justapinch.com/buffaloslidrs

Brought to you by American Hometown Media

KERRY USED CAR SUPERCENTER

CHEVROLET FINANCING AVAILABLE • SAME DAY DELIVERY

859-635-6400 KERRYCHEVROLET.COM 7500 Alexandria Pike JUST MINUTES FROM ANYWHERE!

KERRY CHEVROLET USED CAR SUPERCENTER

CARS	TRUCKS & SUVs
'06 MERCURY GRAND MARQUEZ LS\$8,878 58k Low Miles, Loaded, Local Trade #261620	'06 DODGE GRAND CARAVAN SXT\$10,792 V6, Auto, A/C, Full Pwr, Low Miles, #P7164
'03 HYUNDAI TIBURON GT.....\$10,462 Auto, A/C, Leather, Pwr Sunroof, Loaded #P7137	'10 CHEVY EQUINOX LT\$13,692 Auto, A/C, Pwr Sunroof, One Owner #14325A
'09 PONTIAC G5 CPE\$10,473 Auto, A/C, Loaded, One Owner, Low Miles #P7141	'10 HYUNDAI SANTA FE AWD\$13,693 A/C, Auto, Pwr Windows & Locks, Local Trade #28672A
'07 CHEVY IMPALA LS\$10,769 4 Dr, V6, Auto, A/C, Full Pwr, 53k Low Miles #P7152A	'10 MERCURY MARINER 4X4\$15,868 Leather, Pwr Sunroof, Pwr Seat, Loaded #P7138
'10 CHEVY MALIBU\$10,849 4 Dr, A/C, Auto, Pwr Windows & Locks, One Owner #P7033A	'05 GMC CANYON CREW CAB 4X4\$16,631 Auto, A/C, Pwr Windows & Locks #P7080
'07 CADILLAC DTS\$10,871 Leather Int, Loaded, Local Trade In, Clean #P7134A	'07 FORD RANGER SPT SUPER CAB 4X4\$16,898 V6, Auto, A/C, Low Miles #P7140
'08 SMART PASSION CONVERTIBLE..\$10,896 Auto, A/C, 31,000 Low Miles, Looks New #P7016	'07 CHEVY COLORADO CREW CAB 4X4 Z71 ...\$17,796 Auto, A/C, Full Pwr, Loaded #P7121
'10 FORD FUSION SE\$12,623 4 Dr, A/C, Auto, Pwr Windows & Locks, Local Trade #P7149A	'09 CHEVY SILVERADO C1500 EXT CAB\$18,763 49k Miles, Auto, A/C, One Owner #P7019
'08 CHEVY COBALT\$12,796 4 Dr, Auto, A/C, Pwr Mirrors, 42k Low Miles #P7136	'06 CHEVY SILVERADO C2500 EXT CAB\$18,871 V6, Auto, A/C, Low Miles #P7109
'12 FORD FOCUS\$13,537 4 Dr, Auto, A/C, Full Pwr, One Owner, Clean #S351A	'06 CHEVY SILVERADO K1500 CREW CAB\$19,871 V8, Auto, A/C, Full Pwr #P7128
'11 CHEVY IMPALA\$13,625 4 Dr, Auto, A/C, Pwr Windows & Locks, Loaded #19471A	'10 CHEVY SILVERADO K1500 4X4 EXT CAB ..\$19,873 V8, Auto, A/C, Loaded, Clean #4285A
'10 TOYOTA COROLLA LE\$13,642 4 Dr, A/C, Auto, Pwr Windows & Locks, Won't Last #P7170	'09 CHEVY SILVERADO C1500 CREW CAB LT....\$19,879 V8 5.3, Loaded, Low Miles, One Owner #4003A
'11 HYUNDAI SONATA\$13,863 4 Dr, Auto, A/C, Pwr Windows & Locks, Won't Last #28639A	'06 CHEVY SILVERADO EXT CAB Z71 4X4.....\$20,693 Leather, Loaded, 52k Miles #P7127
'10 TOYOTA CAMRY LE\$13,873 4 Dr, A/C, Full Pwr, One Owner, Clean! #14011B	'09 TOYOTA VENZA\$20,733 4 Dr, Navigation, Sunroof, Leather, Loaded, V6 #P7010A
'06 CHEVY MONTE CARLO SS\$13,879 5.3 V8, Auto, A/C, Loaded, Low Miles, One Owner #19544A	'11 FORD RANGER SUPER CAB 4X4 XLT\$20,873 V6 4.0, Auto, A/C, Full Pwr #P7161
'09 PONTIAC G6\$13,879 4 Dr, V6, Auto, A/C, Full Pwr, Low Miles #P7163	'09 FORD RANGER SUPER CAB 4X4 FX4\$21,699 Lift Kit, Call for Details #P7103
'12 FORD FUSION SE\$14,763 Auto, A/C, Leather, Sunroof, One Owner #13657A	'04 CHEVY K2500 HD LONG BED 4X4 CREW CAB SILVERADO ...\$22,337 V8 6.0, 61,000 Miles #P7145
'08 SATURN SKY CONV\$14,839 Auto, A/C, Full Power, Hard to Find! #P6921	'10 FORD EXPLORER SPORT TRAC XLT\$22,733 V6, Pwr Sunroof, One Owner #28517A
'12 VW BEETLE\$14,896 A/C, Auto, Pwr Windows & Locks, Looks New #P7087	'05 CHEVY K2500 HD SILVERADO CREW CAB 4X4 ...\$22,859 V8 6.0, Long Bed, 54k Miles #P7146
'13 CHRYSLER 200 TOURING\$14,896 4 Dr, A/C, Auto, Pwr Windows & Locks, Like New #P7119	'07 GMC SIERRA K1500 SLE EXT CAB 4X4\$23,871 Auto, A/C, 53k Low Miles #P7142
'13 DODGE AVENGER SE\$15,898 4 Dr, Auto, A/C, Full Pwr, One Owner #P7086	'12 GMC TERRAIN SLE AWD\$23,871 Auto, A/C, Full Power, One Owner #P7171
'07 CHRYSLER 300C\$16,339 Leather, Auto, A/C, Loaded, Low Miles #28070A	'05 CHEVY K2500 HD EXT CAB 4X4\$25,337 Diesel, Full Pwr, Loaded #P7139
'10 MAZDA 3S\$16,856 Auto, 4 Dr, A/C, Pwr Sunroof, 15k Low Miles, Loaded #P7087	'12 JEEP GRAND CHEROKEE LARADO 4X4\$26,799 Auto, A/C, Loaded, One Owner #13796A
'12 FORD FOCUS SEL\$17,399 4 Dr, Leather, Pwr Sunroof, Auto, A/C, Loaded #P7035	'10 GMC SIERRA K2500 CREW CAB\$28,962 4x4, SLE, V8, Auto, A/C, Loaded #P7004
'09 LEXUS 15 250 AWD\$19,783 Auto, A/C, Leather Interior, Sunroof, Loaded #28650A	'10 CHEVY SILVERADO K1500 CREW CAB LT....\$30,762 V8, Auto, Loaded, Lift Kit #P7162
'11 DODGE CHALLENGER CPE.....\$19,799 Auto, A/C, Pwr Windows & Locks, Clean #14326C	'10 DODGE RAM QUAD CAB 4X4\$30,846 V8, Auto, A/C, Lift Kit, Loaded #P7100
'10 FORD MUSTANG GT CPE\$19,873 6 Spd, Leather Int, Full Pwr #13911A	'08 CHEVY SILVERADO K3500 4X4 DUALY LTZ\$36,719 Diesel, Loaded #13819A
'06 CHEVY SSR\$24,653 Auto, A/C, Custom Wheels, One Owner #P7079	
'13 HONDA ACCORD CPE EXL\$24,899 6 Spd, Leather, Pwr Sunroof, 7000 Low Miles #19647A	

GM CERTIFIED	HYUNDAI CERTIFIED
'13 CHEVY SPARK\$11,769 4 Dr, Auto, A/C, Pwr Windows & Locks, Looks New #P7160	'13 HYUNDAI ELANTRA\$14,283 4 Dr, Auto, A/C, Loaded, Low Miles, One Owner #P7168
'12 CHEVY SONIC LS\$11,842 4 Dr, Auto, A/C, Low Miles, One Owner #P7022	'12 HYUNDAI ELANTRA\$14,339 4 Dr, A/C, Auto, Loaded, Hard to Find #P7169
'13 CHEVY SONIC LTZ\$15,896 4 Dr, Auto, A/C, Leather, and Heated Seats #P7173	'12 HYUNDAI ACCENT\$14,873 4 Dr, Auto, A/C, Pwr Windows & Locks, Clean #P7166
'13 CHEVY CRUZE LT\$17,388 4 Dr, Auto, A/C, Full Power, One Owner #P7110	'12 HYUNDAI VELOSTER\$15,327 Auto, A/C, Loaded, One Owner Trade In #28715A
'12 CHEVY MALIBU LTZ\$17,815 4 Dr, Pwr Sunroof, Leather, Low Miles #P7050	'12 HYUNDAI ELANTRA\$15,786 4 Dr, Auto, A/C, Full Power, One Owner! #17174A
'13 CHEVY CRUZE LT RS\$19,473 4 Dr, Auto, A/C, Leather, Sunroof, Looks New #P7116	'12 HYUNDAI VELOSTER GSP\$16,763 Pwr Sunroof, Loaded, One Owner #70075A
'10 CHEVY TRAVERSE\$20,843 V6, Auto, A/C, Pwr Sunroof, Loaded, One Owner #P7172	'11 HYUNDAI TUCSON LTD\$18,763 Auto, A/C, Leather, Sunroof, One Owner #28682A
'13 CHEVY MALIBU ECO\$20,962 4 Dr, Auto, A/C, Full Pwr, One Owner #19623A	'11 HYUNDAI SONATA LIMITED\$18,862 Leather Interior, Pwr Sunroof, Loaded, One Owner #P7114
'10 CHEVY CAMARO CPE LT2\$23,762 Auto, A/C, Pwr Sunroof, Loaded #P7089	'12 HYUNDAI VELOSTER CPE\$18,988 Pwr Sunroof, Full Pwr, One Owner #P6993
'13 CHEVY EQUINOX LT\$23,799 Auto, A/C, Pwr Sunroof, Loaded, One Owner #P7126	'13 HYUNDAI ELANTRA LTD\$19,763 4 Dr, Auto, A/C, Pwr Windows & Locks, Clean #14319A
'12 BUICK REGAL GS\$24,829 4 Dr, Leather, Pwr Sunroof, Wheels, Loaded #P7028	'11 HYUNDAI SONATA SE\$21,823 2.0 T, Leather, Pwr Sunroof, Nav, Loaded #P7151
'13 CHEVY SILVERADO K1500 CREW CAB. \$26,937 Loaded, One Owner #P7057	'12 HYUNDAI TUCSON LTD\$21,874 Leather, Sunroof, Loaded, One Owner #4219A
'12 GMC CANYON SLE CREW CAB 4X4\$28,673 Auto, A/C, Chrome Wheels, Loaded #P7118	'12 HYUNDAI SONATA LTD\$22,631 2.0 T, Pwr Sunroof, Leather, Low Miles #P7151
'09 CHEVY TAHOE 4x4 LTZ\$35,836 Leather, NAV, DVD, Sunroof, Loaded #6944	'12 HYUNDAI VERACRUZ LTD AWD\$22,696 Leather, Sunroof, Loaded #P7151
'12 CHEVY SILVERADO K2500 Z71 CREW CAB 4X4 ...\$38,613 V8 6.0, Full Pwr, 10,000 Miles #P7074	'13 HYUNDAI TUCSON AWD\$22,879 4 Dr, Auto, A/C, Full Pwr, Low Miles #P7130
'13 BUICK ENCLAVE\$38,971 Leather, V6, 8400 Miles, DVD, Loaded, Like New #13796A	'12 HYUNDAI SANTA FE LTD\$23,842 V6, leather, Ltd, Sunroof, One Owner #4262A
'12 CHEVY K2500 HD CREW CAB LTZ. \$42,463 Duramax, Leather Interior, Loaded #P7112A	

Mon. - Sat. 9am - 8pm • Sun. Noon - 6pm
PLUS TAX, TITLE AND REGISTRATION. RUNS 1/28/14

Affordable Bankruptcy

DEBT RELIEF

ALL DEBTS ELIMINATED INTO ONE MONTHLY PAYMENT!

Car Loans	Taxes	Foreclosures	Lawsuits
Credit Cards	Medical Bills	Repossessions	Garnishments

STOP FORECLOSURES • STOP LAWSUITS! • KEEP ALL PROPERTY!
STOP WAGE GARNISHMENTS! • STOP HARASSING PHONE CALLS!
FREE OFFICE & PHONE CONSULTATION PAYMENT PLANS AVAILABLE
EVENING & SAT. APPTS AVAILABLE/WALK INS WELCOME

MICHAEL E. PLUMMER

Attorney At Law

11 W. 6th St., Covington, KY 41011

859-581-5516 or Toll Free 1-877-790-2233

Conveniently located just across the street from Bankruptcy Court
or check us out on the web at www.plummerbankruptcy.com

HEAD START

Now Enrolling:

Full day preschool or home Based-preschool.

Call today for more information:

- Call 654-2958, ask for Mary
- We serve children ages 3-5
- Free Preschool for those who qualify

Full Day Preschool



- ♦ Full day preschool located at 409 Barkley Street
- ♦ Falmouth, Ky.
- ♦ Qualified teachers!
- ♦ Monday-Thursday 8:30-2:30

Home Based -Head Start

- ♦ Qualified teachers will come to your house for 90 minutes a week.
- ♦ Events are held twice a month to interact with other children

OR

For more than 40 years, Northern Kentucky Community Action Commission has helped low income individuals and families develop the knowledge, opportunities, and resources they need to achieve self-reliance. Serving eight (8) Northern Kentucky counties, the agency's comprehensive range of services include early childhood education, energy assistance, job training, affordable housing, weatherization, child abuse prevention, and education services.



EXTENSION



Educational program of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.

COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY
COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Extension Notes

4-H Youth Development
Shelley Meyer
Pendleton County Extension Office

COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY
COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Extension Notes

Family and Consumer Sciences
Kenna Knight
Pendleton County Extension Office

COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY
COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Extension Notes

Agriculture and Natural Resources
Lindie Huffman
Pendleton County Extension Office

4-H Banquet for 2013

The Pendleton County 4-H Banquet was held at the Pendleton County Extension Office on January 19, 2014. All 4-Hers in attendance were recognized for their participation and accomplishments for the 2013 4-H program year. Volunteers, 4-H council members, and club leaders were also recognized. Thank

you to Edwardo's Pizzas and Subs for catering a delicious meal and to the Pendleton County 4-H Council for helping put on a very successful 4-H Banquet. The Outstanding Teen, Outstanding Leader, and Friend of 4-H were chosen for the 2013 4-H program year and recognized at the 4-H banquet.



Outstanding Leader

From left: Travis Alsip, Jordan Shay, Moriah Conrad, Shelley Meyer.



Outstanding Teen

From left: Council president, Travis Alsip, Audrey Emery, Shelley Meyer.



4-Hers receiving awards



Friend of 4-H: Eric Love of Edwardo's Pizza and Subs

Homemade ice cream by The Amish Cook



By Lovina Eicher

It is the middle of January and we are getting more snow. We have had our share of winter weather this month. My husband Joe and daughter Elizabeth didn't go back to the factories until January 9 because of all the snow we got. They had a longer holiday break than they expected. The school's doors also stayed closed for three more days after their Christmas vacation. The house seemed really quiet on January 9 when everyone finally left for the day again.

We enjoyed being "snowed in" for a few days. But with temperatures below zero it was too cold to go out to enjoy it. We have completed two puzzles that are 1000 piece puzzles over these winter storms. It seems every puzzle goes together faster than the one before, now that the children can help put it together instead of mess it up as they would

do when they were toddlers. I remember sometimes a puzzle would get messed up two to three times and then maybe a piece was missing before it was completed. Now we can leave it unattended with no little ones in the house.

Daughter Susan will have her 18th birthday next week on January 24. Our second daughter has reached adulthood. Time does not stand still for anyone. Susan was born at home with Joe's Aunt Sylvia being my midwife. We had quite a time finding a ride for her to go home the eight miles. Snow drifts were piled as high as our trailer home windows. We lived in a trailer home at my parents at that time. How thankful we felt that Susan was born without any major problems during a winter storm like that. Susan is now a lively energetic young lady and loves to spend time with horses and ponies. Writing stories is also a hobby for her.

January 9 also brought back sad memories of a year ago when brother Amos was in an accident that took the lives of two of my first cousins. I am sure their lonely wives and families have had a long year of missing their loved ones. In a matter of seconds our lives could be

changed. Only God knows what lies ahead of each of us. Let us always let "Him" guide us and accept the changes life brings.

Right now it is snowing so hard that visibility isn't good. I hope and pray everyone will get home safely from work and school.

I need to get busy. Seemed like I didn't have time to sit down to write a column but once again I waited until the last day to get this in the mail. We have been making ice cream with our hand-cranked ice cream freezer. I will share my recipe.

Editor's Note: The USDA advises against consumption of anything containing uncooked eggs. Readers accept responsibility of any health risks associated with the recipe.



HOMEMADE ICE CREAM

INGREDIENTS:

- 6 eggs
- 3 1/2 cups sugar
- 4 teaspoons vanilla
- 1 teaspoon salt
- 1 box vanilla instant pudding
- 3 cups milk
- 3 cans Milnot or cream

DIRECTIONS:

Beat eggs and beat in rest of ingredients. Pour into a six-quart freezer can and freeze in an ice cream maker.

Here's a cold day remedy

By Lovina Eicher

Cold winter days - and there have been plenty in the Midwest this winter - are a perfect time for a hearty, simmer soup.

VEGETABLE SOUP

- 1 pound hamburger
- 1 onion, chopped
- 2 cups potatoes, diced
- 1 cup carrots, diced
- 1 pint corn
- 1 pint peas
- 1 quart tomato juice

• 1 1/2 teaspoons salt
• 1 teaspoon black pepper
Brown hamburger and onion in a skillet. Put hamburger and onion into a large pot and add potatoes, carrots, corn peas, tomato juice, and salt and pepper. Cook over medium heat until vegetables are soft. Recipe note: Sometimes I use a pint of beef chunks instead of hamburger. I also leave the onion whole and cook it with the rest of the vegetables.

NWTF
March 29, 2014
Save the Date!

Kincaid Longspurs Hunting Heritage Banquet

We've changed our banquet to take advantage of better weather and to be closer to the Spring Season. See you there! Still at beautiful Stonewood Gardens in Historic Falmouth, KY!

Questions? Call Tom @ 859-992-9129

Gun Drawings, Live Auction, Door Prizes

Pendleton County Extension Office
45 David Pribble Drive in Falmouth
Wednesday, February 5th

Two class offerings: 1PM to 3PM 6:30PM to 8:30PM

Register at <http://bit.ly/psuicideawarenessprevention>

Brought to you by
Evan's Family and the
Kentucky Suicide Prevention Group

CHILD CARE SCHOLARSHIPS

Two scholarship positions are available at The Child's Place Learning Center located at 110 West Second Street. The term of the scholarships is one year. The ages served are 2 through 5. Hours are from 6:30 to 6:30. Please contact the Center by calling 859-760-0937 for an interview. The Child's Place Learning Center's goals are to prepare children for kindergarten and to be a resource to the community.

The 17th KIWANIS CHARITY AUCTION
FRIDAY, JANUARY 31 & SATURDAY, FEBRUARY 1 6 P.M.

•Live on Williamstown Cable 16 and Time Warner Cable 21
•Be in the audience at the Williamstown City Building
•Watch on the World Wide Web, see link at www.wtownky.org

FEATURED ITEM
This property will be offered at 6 p.m. Friday \$28,000 beginning bid 617 N. Main St., Williamstown Approx. .067 acre For more photos or to see property call Ken 859-803-5219.

12' Grumman Alum. flat bottom John Boat with title
Griddle/Oven
Display Case 36"x48" glass front with lock, 3 shelves

E-MAIL KSTONE@GRANTKY.COM FOR LIST AND PHOTOS
KEN STONE 859-803-5219

Mountain View Metal Center & Construction
Look to us for a Full line of Post Frame Building Supplies in Stock

CALL FOR A FREE QUOTE
1-877-845-8408

Pole Barns • Garages • Horse Barns
Metal Roofs • Concrete Flatwork

We cut to your size. #1 METAL ORDER TODAY - INSTALL TOMORROW
14 - Colors in Stock
DELIVERY AVAILABLE

Mon.-Fri. 7:30am-5pm;
Sat. 8am-noon; Closed Sun.

5756 Wallingford Rd., Flemingsburg, KY • www.mountainviewmetal.com

*Rebates include all available incentives. All prices reflect all applicable Ford Factory rebates deducted. Some offers require Ford Credit financing. Customers that choose not to finance may lose these rebates. Lease payment through Ford Credit with approved credit. All leases based on 10,500 miles per year with 20¢ per mile overage. Tax, title & license fees not included. See dealer for complete details of any offer. Offers end 01/02/14.

CLASSIFIEDS

SERVICES

David Richie. Roofing, professional painting, porch additions, decks, room additions, vinyl siding, remodeling. Free estimates! Insured. 859-620-4284 39-rfn-ac

Cynthiana Furniture NOW selling NEW Furniture, Appliances, & Mattress Sets @ affordable prices. Call 859-234-1008 for pricing. 313 S. Church Street in BIG YELLOW WAREHOUSE! 6-rfn-ac

We can build or repair barns, also apply shingles or metal to your house, Doug Beach, 859-428-1292 or 859-743-1419. 39-rfn-ac

Need Lime? Call Norcorp Lime Spreading at 859-588-3587 or 859-234-5105. 11-rfn-ac

Tree trimming and removal: Clifford Tree Services. Free estimates, fully insured. 859-234-6956 47-rfn-ac

E&C Repair washer, dryer, range and dishwasher repair. Call 859-654-2334 or 859-409-1376 44-rfn-ac

BUYING STANDING TIMBER, minimum 5 Acres, Harold McKee 859-991-8169. 37-rfn-ac

If you need a dependable and trustworthy caregiver with 16 years experience. Call 859-757-5469, will give referenc-

ES. 49-21-pd

You pack, We move. One item or house full. Apartments, homes, offices! Free estimates. Call Cynthiana Moving Services Cert. #3281. 859-234-1008. 6-cmv-ac

WANTED

Now Buying! Disabled quads & motorcycles! Junk cars & scrap iron all types. Farm equipment, trucks, etc. Free removal. Call Grogan's 859-472-5638 or 859-322-2971. 17-rfn-ac

Buying aluminum, copper, car batteries and steel, 1 pound or several tons. Cynthiana, Ky., beside ball-park. 859-234-5930 41-rfn-ac

Buying Tobacco Sticks, looking to buy tobacco sticks in all quantities. 859-472-3220. 46-rfn-ac

FARM PRODUCTS

Roll bales for sale, 4 x 5 rolls, \$20, 859-322-4037. 47-rfn-ac

Round bales, inside, timothy and brome grass - \$25, square bales, timothy and brome - \$3. 859-654-4319. 50-21-pd

Mixed grass hay and alfalfa/orchard grass, solid square bales. Robert G. Caldwell, 859-322-3785. 50-rfn-ac

LIVESTOCK

Cattle and horses, all types bought and sold. Bull lease and hauling. Larry Browning. 859-322-1828 48-52-ac

PETS

Puppies, kittens, dogs and cats. Healthy. Shots and wormed. Public. Serv. Org. 859-654-5654. 11-rfn-ac

LOST

English bulldog, female, light fawn, last seen around Lenoxburg. Call Joyce at 859-992-7224. REWARD. 50-11-pd

STATEWIDE CLASSIFIEDS

EQUIPMENT FOR SALE
SAWMILLS from only \$4897.00 -- MAKE & SAVE MONEY with your own band-mill - Cut lumber any dimension. In stock ready to ship. FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N

FARM/LIVESTOCK
Our Sportsmen will Pay Top \$\$\$ To hunt your land. Call for a Free Base Camp Leasing info packet & Quote, 1-866-309-1507. www.BaseCampLeasing.com

SPORTING/SPORTING GOODS

GUN SHOW February 1-2, Sat. 9-5 & Sun. 9-4 Somerset, The Center (2272 S. Hwy 27) Buy-Sell-Trade Info: 563-927-8176

CERTIFIED INSTALLERS ON SEPTIC TANKS AND DRAINAGE FILL.
Master Lic. # M00159

391-0257

VANLANDINGHAM & SON PLUMBING & HEATING

504 Barkley St., Falmouth, KY

JOHNSON HEATING & AIR CONDITIONING

115 Eastside Park, Butler
859-472-6051

We have & install Geo-Thermal units

TEMPSTAR Heating and Cooling Products

M00080
Free Estimates • Sales • Service • Installation

BROWNING HOME REPAIR

Decks • Roofs • Gutters • Siding • Windows • Home Interior • Barn Repair & Painting

FREE ESTIMATES Insured & Guaranteed

GREG BROWNING
859-462-4375

Larry Cavins Trucking

Single Axle, loads of 10 tons or less

Sand • Gravel Top Soil

859-393-6401

TRUCK DRIVERS HELP WANTED

35 DRIVER TRAINEES Needed! Learn to drive for Werner Enterprises! Earn \$750 per week! No Experience Needed! Local CDL Training gets you job ready in ASAP! 1-877-243-1812

APPLY NOW! CDL Drivers in High Demand. Get your CDL Training in 16 days at Truck America Training and go to work! State WIA Grants and VA Accepted. Tuition Financing Available. 1st yr. avg. \$38 - \$40,000 per ATA (502)955-6388 or (866)244-3644

Call Now! International Truck Driving School/BIH Trucking Company Now Taking Students! No CDL, No Problem! State WIA Program if qualified or Financing available. 888-780-5539 www.facebook.com/itdschool

Drivers - CDL-A SOLOS & TEAM DRIVERS NEEDED. Top Pay for Hazmat OTR & Regional Runs CDL Grads Welcome. 700+ Trucks & Growing! 888-928-6011. www.Drive4Total.com

DRIVERS-CDL-A Train and work for us! Professional, focused CDL training available. Choose Company Driver, Owner Operator, Lease Operator or Lease Trainer. (877)369-7192 www.CentralTruckDrivingJobs.com

FLATBED DRIVERS - New Pay Scale - Start @ .37cpm. Up to .04cpm Mileage Bonus. Home Weekends. Insurance & 401K. Apply @ Boydandsons.com. 800-648-9915

Home Weekends. \$1,000 sign on bonus. Regional flatbed. No

CROSSROADS FLEA MARKET

U.S.27 & HWY. 17 INTERSECTION

USED

• FURNITURE & ANTIQUES

• MATTRESS SETS AS LOW AS \$75.00

472-6952

Taylor Home Improvement, Inc.

Windows, Doors, Siding, Gutters, Roofs, Decks, Etc.

FREE ESTIMATES INSURED

Keith Taylor

654-2206

tarp freight. Excellent pay and benefits. Owner/Ops welcome. Call 800-554-5661, ext 331. www.tlxtransport.jobs

NEEDING REGIONAL DRIVERS - Come join the leading team. NDL seeking CDL-A Solos & Teams! Home weekends. Solos: up to 44cpm. Teams: up to 54cpm. No Touch Freight. Excellent Medical Plan/ Dental/ Life Insurance. 6 months Recent Verifiable Experience. 877-334-9677 www.Drive4NDL.com

New Pay-For-Experience program pays up to \$0.41/mile. Class A Professional Drivers Call 866-722-5112 for more details or visit SuperServiceLLC.com

OWNER OPERATORS Average \$3K/week! Be out up to 14 days, enjoy GUARANTEED home time!

Weekly settlements. Cardinal Greatwide pays loaded/unloaded. Class-A CDL & 1 yr driving experience. Fleet Owners Welcome. Operate under your own authority or ours! Call Matt 866-463-3299. DriveForCardinal.com

REGIONAL CDL-A DRIVERS - Averitt offers fantastic benefits & weekly home-time. 888-362-8608. Paid training for recent grads w/a CDL-A & drivers with limited experience. Apply online at AverittCareers.com Equal Opportunity Employer

Tanker & Flatbed Company Drivers/Independent Contractors! Immediate Placement Available. Best Opportunity in the Trucking Business. CALL TODAY 800-277-0212 or www.drive-forprime.com

Tri State Land Company
859-485-1330

7 Ac. Pendleton Co., flat pasture in front, woods rolling down to creek in back, city water, view, \$38,900.00, \$1,000 down.
12 Ac. Falmouth, all wooded, overlooking city of Falmouth, great hunting or getaway, \$49,900.00, \$2,000 down.
5 ac. Harrison/Pendleton Co. Line, with a septic system, water & electric hook ups, driveway, ready for mobile home, \$2,500 down, \$324 per mo.
2 ac. Pendleton Co., all pasture, flat in front, great view, easy access to I-75 at Crittenden Exit, city water, \$26,900.00, \$1,000 down.
Check Out Our Web Site For More Properties www.tri-statelandcompany.com

Colwell Construction LLC

Roofing, Siding, Windows, Sheet Metal & Home Improvement Specialist

Over 25 Years Experience Working In Tri-State Area
Licensed & Insured

859-640-2069
www.colwellconstructionllc.com

UP EXCAVATING

ALL UTILITIES & SEPTIC SYSTEMS
Sewer & Water New Installation & Repair
Excavating, Drainage Issues & Grading
Foundation Repair • Certified Septic Installer • Fully Insured

CALL FOR A FREE QUOTE!
(859) 635-3400

R. Mineer *Servicing All Models*

• Heating
• Air Conditioning
• Refrigeration
• Geo-Thermal

(859) 654-4505
(859) 743-4171 *Free Estimates*

this out...

D. L. WEBSTER BUYS JUNK VEHICLES

Top Dollar Pay
Tow Vehicles Away For Free
Call Today
859-393-4890

ELMER UTZ Plumbing Contractors

Professional Services of
New Commercial Plumbing
New Residence Plumbing
Plumbing Repair
Call: (859) 472-5802

GARY ASKIN
Roofing & Paint Contractor

NOW IS THE TIME FOR:
INTERIOR PAINT
NEW ROOF OR ROOF REPAIR
VINYL SIDING

859-991-9591
859-654-5223

Bracken County Schools EMPLOYMENT OPPORTUNITY

Position: Lead Vehicle Mechanic

Qualification: Any combination equivalent to: High school diploma, G.E.D. Certificate or demonstrated progress toward obtaining G.E.D. as required by KY law and three years journey-level mechanical maintenance experience.

Bracken Co. Board Of Ed., 348 West Miami Street, Brooksville, KY 41004, (606) 735-2523

HELP WANTED

Grant Co. Concrete & Gallatin Co. Ready Mix are now hiring for mixer drivers.

Benefits include:
Weekly pay
Health insurance
Dental insurance
401K plan
Holiday plan
Apply in person M-F from 9:00am to 2:00pm at either location:

Grant Co. Concrete
25 Ruthman Dr.
Dry Ridge, Ky. 41035

Gallatin Co. Ready Mix
Hwy. 467 West
Sparta, Ky. 41086

Must be qualified to pass CDL physical & drug test.

POSTED

AMMERMAN, Genevieve farm Lakeside, 316 acres. off US 27 & 104 acres., Marquette Rd., Pendleton Co. Posted against hunting/fishing, trespassing of any kind. Violators will be prosecuted! ES-11-16-14

BASS, Don and Beverly, 98+ acres at 6808 Hwy 22 E. No hunting, fishing, or trespassing of any kind. Violators will be prosecuted. ES-9-17-14

BEST CASE FARM, 600 acres, 3317 Mark Haley Road and Calvin Bend Road; 55 acres Falmouth; posted against no hunting, fishing, or trespassing of any kind. Violators will be prosecuted. ES-10-18-14

BIDDLE, Dennis, 60.8 acres at 1515 Vater Road (formerly the Pape/Hall farm). No hunting or trespassing of any kind, day or night. Violators will be prosecuted. ES-2-21-14

BROWNFIELD, Doris, 82 acres, 633 Sullivan Lane, Butler, Ky 41006. Posted against no hunting, fishing or trespassing of any kind. Violators will be prosecuted. ES-10-9-14

COLVIN-HELTON, Kathy and John, 8890 and 8924 Milford Rd., 70 acres. No hunting, fishing or soliciting of any kind, day or night. All violators will be prosecuted to the fullest extent of the law. ES-11-3-13

COOPER, Jerry & June 200+ acre farm Ryan Rd, Rt. 4, Box 1057, Falmouth. No hunting, fishing or trespassing of any kind-day or night. ES-11-16-13

CUMMINS, BROWN, Barbara 64 1/2 acres in Pendleton Co. 1177 Antrobus Rd, Berry, Ky 41003. No Trespassing & No Hunting. ES-8-28-14

DYE PROPERTY, Faith farm, 134+ acres, fronting Trankler Rd. (also Grovers Creek). No hunting, fishing or trespassing of any kind, day or night. Violators will be prosecuted. ES-12-25-14

Fetters, Eddie and Karen, 41 ac. farm at 1705 Fishing Creek Rd. Pendleton Co. No hunting/Fishing/trespassing any time. Violators prosecuted! ES-9-18-14

GRAY BAR ACRES, 1907 Turner Ridge Rd, 143 ac. No fishing, hunting or trespassing of any kind. Violators prosecuted! ES-9-18-14

HAFFER RIDGE FARM, 579 ac. intersected by Hafer Rd., lying adjacent to a b/w St. Rt. 467 and St. Rt. 17. Includes the former Burch/Thorton, Kelly and Hafer farms. No hunting, fishing, recreational vehicles or trespassing of any kind day or night. Violators will be prosecuted. ES-9-18-14

HAMMOND, Ray and Judy, 16.5 acre farm on Hayes Station Rd., Falmouth, is posted. No hunting, fishing, or trespassing of any kind. Violators will be prosecuted. ES-11-16-14

HARRISON, 439 Lea Rd., extending to Wyatts Bend Rd., 30 acres. No hunting, no fishing or trespassing of any kind, day or night! All violators will be prosecuted! ES-11-13-14

HUNT, 30.45 acres on top of hill on Liberty Ridge, off of 27. Property is next to a white house on one side and a cattle farm on the other. Property extends from Liberty Ridge to a flowing creek and can be seen from 27. Absolutely no hunting, fishing or any kind of trespassing whatsoever. Violators will be prosecuted. ES-11-13-14

ISON, Janice and Joe, farm at 443 Steptone Church Rd, Butler (formerly George & Darleen Napier's), property at 484 Lakeview Dr., Falmouth, Ky and 148 acres at 268 Ison Lane, no hunting, dumping, fishing, swimming, recreational vehicles, or trespassing of any kind, day or night, without written notarized permission. ES-10-27-14

KAPLAN, David and Lucille, 80 ac., Turner Ridge Rd., formerly Tomlin-Points farm. No hunting/trespassing at any time. Violators will be prosecuted. ES-10-27-14

MEADOWS, Mark & Melissa, property at the end of Adams Rd. off Hogg Ridge Rd., approx. 80 ac; and 34 acres on Hogg Ridge Rd. No trespassing of any kind including hunting, fishing, trapping, atv riding, horseback riding. Violators prosecuted. ES-9-28-14

MICHAEL STOUGH AND RICHARD WOSLING properties: 600 acres, 6417 Hwy. 27 S., and 107 acres, 997 McKinneysburg Road, Falmouth; posted against no hunting, fishing, or trespassing of any kind. Violators will be prosecuted. ES-10-18-14

NORMAN, William, Carolyn, Brandon, Ashley, 40.5 acres, north side of Fishing Creek Rd. No hunting, fishing, or trespassing of any kind, day or night. All violators will be prosecuted to the fullest extent of the law! ES-07-11-14

NORTON, Ryan and Ashley, 76.5 acres in Pendleton Cty. - 12659 Hwy 330 - No hunting, fishing or trespassing of any kind. Violators will be prosecuted. ES-10-15-14

PEAL, Wray and Becky farms, Veirs Rd. Peach Grove. No trespassing or hunting. All trespassers prosecuted! ES-11-29-14

PRERMAN, Susan Farm, 214 ac., off Flour Creek and Garvey Rds., Posted against hunting, fishing, trapping, or trespassing of any kind day or night.

Violators will be prosecuted. ES-4-20-14

RILEY PROPERTY, 37 acres on Veirs Rd across from 428 Veirs Rd in Peach Grove. No hunting, no trespassing. Violators will be prosecuted. ES-11-26-14

RTTTER, William and Margaret, 77 ac., 1 mile south of Falmouth on US 27. No hunting, fishing or trespassing night or day! ES-1-3-14

ROMEO, Aldo and Patricia, 56 acres at US 27 and Liberty Ridge, Pendleton Co. No hunting, fishing or trespassing of any kind. Violators will be prosecuted. ES-02-15-14

SEXTON PROPERTY, 841 Fishing Creek Rd. approx. 2.14 acres. Posted! Lot #2, 1005 Fishing Creek Rd. approx 2.45 acres; and Lot #5 of the Mudd Land Division approx 4.54 acres. Also, 100 Southfork Rd, approx 2 acres. Absolutely NO hunting/dumping/riding ATV's or trespassing of any kind. Violators will be prosecuted to the fullest extent! ES-2-2-14

SHOWALTER, Mildred, 77 ac. 1 mile south of Falmouth on U.S. 27. No hunting, fishing or trespassing night or day. ES-10-26-14

SKELTON FARM, 117 acres at 2284 HWY 467 DeMossville, KY 41033. No hunting, fishing, recreational vehicles, or trespassing of any kind, day or night. Violators will be prosecuted. ES-02-05-14

STEELE FAMILY, 3174 Morgan Four Oaks Rd., 225 acres. This farm is posted! No hunting or trespassing of any kind, day or night. Violators will be prosecuted! ES-10-31-14

STORTZ, Steve and Peggy, 138 acres at 5575-B Broadford Road, Pendleton County (former owner John Anglin). Posted: No hunting, fishing, or trespassing of any kind, night or day. Violators will be prosecuted. ES-6-19-14

TISA, Stephen - No hunting, fishing, or trespassing any time, night or day. Violators will be prosecuted! On 509 Knoxville Gardnersville Rd. ES-1-31-14

UTZ, Chester farm on Lock Rd. 90 acres. Absolutely no hunting, fishing, or trespassing of any kind. ES-10-29-14

WEBSTER, Larry and Bobbie 66+/- acres formerly owned by Wanda, Jeff and Barry Conley, off Step Stone Church Rd. Access off AA Hwy and 806 Mays Rd., California, Ky. No hunting or trespassing of any kind day or night. Violators will be prosecuted. ES-10-27-14

NOTICE

Notice is hereby given that on January 17, 2014 Kentucky Utilities Company ("KU") filed an application with the Public Service Commission, Frankfort, Kentucky for approval of revisions in its Demand-Side-Management and Energy-Efficiency ("DSM/EE") program portfolio, as shown in KU's Adjustment Clause Demand-Side Management Cost Recovery Mechanism ("DSMCRM") tariff and the resulting changes in its DSMCRM charges. In its application, KU notified the KPSC that the revised DSMCRM tariff sheets are proposed to become effective on and after February 16, 2014; however, because KU anticipates the Commission will suspend the proposed changes in the DSMCRM tariff to conduct an investigation of the proposed changes, KU has asked the Commission to approve the proposed changes in its DSM/EE program portfolio and resulting increases in the charges under the DSMCRM mechanism in its DSMCRM tariff to be effective on January 1, 2015.

The proposed changes to the DSM/EE program portfolio, if approved, will result in an increase in the charges calculated under the DSMCRM mechanism. The increase charges for all affected electric rate classes are as follows:

Residential Service Rate RS, Volunteer Fire Department Service Rate VFD, and Low Emission Vehicle Service Rate LEV			
Current Charge per kWh	Proposed Charge per kWh	Difference per kWh	% Change
\$ 0.00349	\$ 0.00378	+ \$ 0.00029	+ 8.3%

General Service Rate GS			
Current Charge per kWh	Proposed Charge per kWh	Difference per kWh	% Change
\$ 0.00238	\$ 0.00222	- \$ 0.00016	- 6.7%

All Electric School Rate AES			
Current Charge per kWh	Proposed Charge per kWh	Difference per kWh	% Change
\$ 0.00088	\$ 0.00101	+ \$ 0.00013	+ 14.7%

Power Service Rate PS, Time-of-Day Secondary Service Rate TODS, and Time-of-Day Primary Service Rate TODP			
Current Charge per kWh	Proposed Charge per kWh	Difference per kWh	% Change
\$ 0.00067	\$ 0.00069	+ \$ 0.00002	+ 3.0%

KU projects that the monthly bill impact of the new DSM/EE programs and program enhancements will be an increase of \$0.29 per month for a KU residential electric customer using 1,000 kWh per month.

This tariff filing may be examined at the office of Kentucky Utilities Company, One Quality Street, Lexington, Kentucky, or on Kentucky Utilities Company's website at www.lge-ku.com.

This tariff filing may also be examined at the Commission's offices located at 211 Sower Boulevard, Frankfort, Kentucky, Monday through Friday, 8:00 a.m. to 4:30 p.m., or through the Commission's website at <http://psc.ky.gov>.

Comments regarding this tariff filing may be submitted to the Public Service Commission through its website or by mail to Public Service Commission, Post Office Box 615, Frankfort, Kentucky 40602.

The proposed changes to the DSM/EE program portfolio and associated increase in the charges calculated under the DSMCRM mechanism contained in this notice are proposed by Kentucky Utilities Company. The Public Service Commission may order changes to KU's proposed DSM/EE program portfolio that may result in charges under the DSMCRM mechanism that differ from the proposed charges contained in this notice.

A person may submit a timely written request for intervention to the Public Service Commission, Post Office Box 615, Frankfort, Kentucky 40602, establishing the grounds for the request including the status and interest of the party. If the Commission does not receive a written request for intervention within thirty (30) days of the initial publication or mailing of the notice, the Commission may take final action on the tariff filing.

Kentucky Utilities Company
c/o LG&E and KU Energy LLC
220 West Main Street
P.O. Box 32010
Louisville, Kentucky 40232
Telephone: (502) 627-4314

Public Service Commission
211 Sower Boulevard
P.O. Box 615
Frankfort, Kentucky 40601
Telephone: (502) 564-3940

COURT

Circuit Court Hon. Jay Delaney 1/16/2014

Jenny Gibson 1979. JT. Manuf meth, 1st offense, MOC amend to section "a" only; unlawful poss'n of meth precursor, 1st offense and poss CS, 1st deg, 1st off (methamphetamine), DMOC on both cts. JT underway to cont 1/17/2014.

1/17/2014
Jenny Gibson 1979. Manuf meth, 1st offense; unlawful poss'n of meth precursor, 1st offense; poss CS, 1st degree, 1st offense (methamphetamine). JT complete. Jury finding of guilty to count one as amended. Jury sent of 20 yrs. Sent 2/19. PSI to be completed. Def remanded to custody pending sent.

District Court Hon. Charles W. Kuster Jr. 1/21/2014

Case # 05-P-00093. Rev. Cont 1/28.

Estate of Raymond Johnson. Rev. OE.

Estate of Edwin Walter Hall. Rev. Pass 2/4.

Estate of Harry L. Shaffer Jr. PH. Passed.

Case # 14-00006. OH. Pass 1/28.

Estate of Elizabeth Faye Chapman. PH. Order & bond TBE.

Estate of Lila Dicken. PH. OE.

Capitol One Bank (USA), N.A. vs Eddie W. Bryant. MH. Passed.

Housing Authority of Falmouth vs Melanie Gates. CT. Pass to 1/28.

Norma Moreland vs Susan Wells. CT. Forcible de-tainer sustained.

Norma Moreland vs Nicole Rojas. CT. Forcible de-tainer sustained.

Williams Place Apts. vs Tara Hopperton. CT. Passed to 1/28.

Woodland Lake Apartments vs Bary Dennie. CT. Pass to 1/28.

Woodland Lake Apartments vs Kevin Trent. CT. No service passed.

Matthew R. Abercrombie 1994. Two cases. Arr. Speed 15 mph > limit, \$30 & C; lic to be in poss'n, proof, DMOC; poss of marij, 30

days, prob two yrs; drug paraphernalia-buy/poss, \$100. CFA 1/28. Arr. Person 18-20

poss/purch/att purch/have another purch alc, \$50 & C. CFA 1/28.

Kurtis E. Baker 1993. SC def/install pymt. F & C, four days, cr four & remand.

Anitra H. Baucom 1996. Rev. Speed 10 mph > limit. Comm serv completed. DMOC.

Peggy B. Blevins 1958. Arr. No/exp reg plates; no/exp KY reg receipt; fail to prod ins card, proof, DMOC

all cts.

Nanci L. Bonar 1937. Arr. No/exp reg plates; no/exp KY reg receipt; fail to prod ins card, proof, DMOC

all cts.

Edward Dean Booth 1995. Arr. Speed 26 mph over/greater; careless driving. Diverted- 37 hrs of Comm

serv. SCH 2/25.

Robert H. Brink 1957. Arr. Speed 5 mph > limit. BT 2/25.

Ryan M. Brooks 1984. CFA. No op/moped lic. CFA 2/4.

Dakota Brown 1995. Arr. No op/moped lic. CFA 1/28.

William Justin Churchwell 1990. Arr. Poss CS, 3rd-drug unspec, GP- 30 days, prob two yrs, c/o no further

offenses, \$200 & C; drug paraphernalia-buy/poss, GP-\$100. SCH 7/22 to PIF.

Mason T. Clemons 1989. Arr. Op on susp/revok OL. CFA 2/25 to get OL.

Jesse Cooper 1991. Arr. Speed 15 mph > limit; lic to be in poss'n. CFA 1/28.

Joshua W. Corcoran 1993. Arr. Speed 26 mph over/greater, \$100 & C; reckless driving; fail to wear

seat belts, \$25; fail to prod ins card, \$100. CFA 2/4.

Todd A. Cox 1967. OH. Flag non support. NGP. PTC 2/4. Bond to be applied

to arrears.

Derek M. Davidson 1983. Arr. Fail to prod ins card, proof, DMOC.

Trisha B. Espelage 1981. SCH. Pay today.

Patricia A. Fields 1972. Arr. Fail to wear seat belts. PIF.

Teddy R. Fraley 1965. Arr. Poss of marij; drug paraphernalia-buy/poss. DM w/o

prej- late filing by officer.

Jennifer R. Gay 1980. SC def/install pymt. SCH 2/25. Pay NLT \$50.

James E. Harmon 1946. Arr. No/exp reg plates; no/exp KY reg receipt, proof, DMOC.

Keeton Harold 1966. Arr. No/exp KY reg receipt; no/exp reg plates; fail to notify DOT of address change;

fail to maint req ins/sec 1st; fail to reg transfer of MV. Pass 1/28.

Nathan J. Haskamp 1983. Arr. Fail to prod ins card, proof, DMOC.

Kayla N. Hensley 1990. Arr. Fail to wear seat belts, pd; fail to prod ins card and fail to notify DOT of address

change, proof, DMOC.

Daniel R. Herald 1963. Arr. Lic to be in poss'n, proof, DM.

David M. Hicks 1989. Arr. Fail to wear seat belts, pd.

Logan Hoppenjans 1991. OH. Asslt 4th dom viol no

visible injury, GP- 30 days, prob two yrs, c/o no further

offenses, no unlawful contact w/victim, \$100 & C. Pay NLT \$50 before 2nd Tues of mo. SCH 2/11.

Maria Y. Huff 1984. Arr. No/exp reg plates; no/exp KY reg receipt; fail to notify DOT of address change. CFA 1/28.

Tammy Jacob 1980. Arr. Speed 5 mph > limit, pd; lic to be in poss'n and fail to prod ins card, proof, DMOC

both cts.

Robin Jenkins 1963. Arr. No/exp KY reg receipt; no/exp reg plates. CFA 1/28.

Stacey A. Jenkins 1970. CFA. No/exp reg plates and no/exp KY reg receipt,

op veh w/exp OL, proof, DMOC all cts; fail to prod ins card, GP- \$100 & C. Pay NLT \$50 before 2nd Tues. SCH 2/11.

Jason E. Jolly 1977. Arr. Fail to prod ins card, proof, DMOC.

Erica M. Justice 1986. Arr. Drug paraphernalia-buy/poss. Incarcerated order to transport TBE 2/11.

Megan Margaret Lee 1995. Arr. Speed 10 mph > limit, GP- STS & C, SCH 7/22; fail to notify DOT of address change. CFA 7/22.

Douglas L. Lemaster 1985. Arr. Fail to wear seat belts, GP- \$25; fail to or im-

proper signal, GP- \$25 & C; fail to prod ins card, CFA 3/25; fail to notify DOT

of address change, proof, DMOC. SCH 3/25 to PIF.

David William Mains III 1994. Arr. Speed 10 mph > limit. CATS. Rev 4/22.

Jacob McIntosh 1988. Arr. TBD-include cold cks u/\$500, three cts. CFA 2/25. Pay one ck & fees.

Derrick Meeks 1995. Arr. Fail to wear seat belts, pd; lic to be in poss'n, proof, DMOC.

Rachel A. Messmer 1989. Arr. No/exp KY reg receipt; no/exp reg plates. CFA 1/28.

Mari K. Parker 1990. Arr. Lic to be in poss'n and fail to prod ins card, proof, DMOC

both cts.

Scott R. Perkins. CFA. TBD-include cold cks u/\$500. CFA 1/28. BW if not present.

Constance Pfanstiel 1946. Arr. Fail to wear seat belts, pd; fail to prod ins card, proof, DMOC.

Luke D. Posinski 1991. Arr. Poss of marij, GP- 30

days, prob two yrs, c/o no further offenses, \$200 & C; drug paraphernalia-buy/poss,

GP- \$100. Pay NLT \$50 before 2nd Tues of mo. SCH 2/11.

Virgil Reynolds 1954. Arr. No/exp reg plates and no/exp KY reg receipt, proof, DMOC.

Wayne Robertson 1965. Arr. Speed 10 mph > limit, pd; fail to prod ins card, proof, DMOC.

Christopher M. Schlueter 1979. Arr. No/exp KY reg receipt; n o/exp reg plates; fail to prod ins card, proof, DMOC all cts.

Rick Schulze 1944. Arr. Fail to prod ins card, proof, DMOC; fail to use child

restraint device in veh. CFA 1/28.

Brittany A. Sergeant 1990. Arr. Speed 5 mph > limit. CATS. Rev 4/22.

Adam A. Smith 1993. Arr. No/exp KY reg receipt; no/exp reg plates. SC/mail 2/25.

Larry A. Smith. Arr. Fail to wear seat belts, GP- \$25; fail to use child restraint

device in veh, GP- \$50. SCH 2/25 to PIF.

Zachary Jordan Smith 1994. Arr. Speed 15 mph > limit. CATS. Rev 4/22. Fail to prod ins card, proof, DMOC.

Matthew T. Sumpter 1981. OH. Speed 15 mph > limit; op on susp/revok OL

fail to prod ins card, SC/mail to Bourbon Co DC for 2/4.

Justin Clark Thorpe 1989. Arr. Fail to maint req ins/sec 1st, proof, DMOC w/o prej.

Steven R. Turner 1977. Arr. Fail to wear seat belts, pd; fail to maint req ins/sec 1st and fail to notify DOT

of address change, proof, DMOC both cts.

Charles W. Vanlandingham 1965. Arr. Fail to wear seat belts; fail to maint

req ins/sec 1st; fail to notify DOT of address change, proof, DMOC on all cts.

Lorelei M. Wilson 1972. Arr. Speed 10 mph > limit. CATS. Rev 4/22. Fail to prod ins card, proof, DMOC.

Brandi N. Windeler 1978. Arr. No/exp KY reg receipt; no/exp reg plates; fail to prod ins card, proof, DMOC on all cts.

Thomas J. Wolfzorn 1967. Arr. AI in PP, 1st & 2nd, GP- \$25 & C.

Amy J. Workman 1977. Arr. Speed 10 mph > limit.

Consignment Auction
Rt. 52 Ripley, Oh. 45167
Sat. Feb. 1st 10:30
New Building Supplies +
Buying or Selling
Call Today
Bobcat, Dozer & More!
Call or See Web for List & Terms.

Towler's Auction Service
513-315-4360
Towlersauctioninc.com
Auctionzip.com#12784

CFA 1/28.

Steven S. Wright 1992. Arr. Fail to notify DOT of address change; fail to prod

ins card; op veh w/exp OL; improper reg plate, proof, DMOC all cts.

Allen J. Ziegler II 1952. Arr. NO/exp reg plates; no/exp KY reg receipt; fail to prod ins card. CFA 1/28.

Jeri Buckler 1979. Two cases. SC def/install pymt. PAO.

Orville Colemire 1968. SC def/install pymt. BW \$850 CODTPSF&C or 17

days P or S.

Tonya S. Creech 1970. Two cases. SC def/install pymt. BW \$300 CODTPSF&C or six

days P or S. SC def/install pymt. FTA/BW \$100 CODTPSF&C or two days

P or S.

Andrew Flynn 1989. SC def/install pymt. SCH 2/4 to PIF. SC def/install pymt. SCH 2/4. Pay NLT \$100.

Tyler Gregg 1994. Two cases. SC def/install pymt. PAO. PIF.

Matthew T. Harris 1983. SC def/install pymt. PAO.

Amanda Lynn Jones 1988. SC def/install pymt. PIF.

Donald R. Moore 1991. SC def/install pymt. PAO.

Samantha Taylor 1989. SC def/install pymt. PAO.

David A. Thurner 1988. SC def/install pymt. FTA/BW \$700 CODTPSF&C or 14

days P or S.

Monica K. Mounts 1977. OH. Fail to maint req ins/sec 1st, GP- \$500-\$450 probat-

ed to KAP one yr & C, c/o no further offenses & maint ins. SCH 7/22.

Anthony W. Barnett 1990. Arr. Burg, 2nd; attempt burg, 2nd; TBUT or

disp all other u/\$500. NGP. PH 1/28. Bond reduction motion. Bond \$5,000/10%,

auth'd c/o no further offenses.

Anthony Cash 1993. Arr. TBUT all others \$500 or more but u/\$10,000. NGP.

PH 1/28. Bond reduc TUA. Bond remains \$2,500/10%.

John M. Fryman 1959. OH. CH 1/28.

Jesse Dean Hall 1989. Arr. TBUT/disp-firearm. NGP. PH 1/28. Bond reduc

motion TUA. Bond am-\$2,500/10% auth'd.

Brian D. Harrison 1990. Arr. Burg, 2nd, two cts; attempt burg, 2nd; TBUT

or disp all others u/\$500; TBUT or disp all others \$1,000,000 or more. NGP.

PH 1/28. Bond motion TUA. Bond \$15,000/10% auth'd w/MCR.

Chester L. Hesler 1952. Arr. Arson, 1st. NGP. PH 1/28. Motion bond reduct

TUA. Bond \$25,000.

JBRodney D. McClanahan 1986. Arr. Manuf meth, 1st off. NGP. PH 1/28.

Bond motion TUA. Bond \$15,000.

Dwayne Baird 1974. PTC. Speed 22 mph > limit; fail to wear seat belts; reckless

driving; op MV u/influ of alc/drugs w/.08, aggravator, 1st off; following another

veh too closely.

Calvin Bowling 1959. Four cases. OH. F&C eight days & cr & remand. OH.

F&C 15 days w/cr. OH. F&C four days w/cr. OH. F&C 31 days w/cr.

Jonathan R. Bowling 1990. PH. Crim poss'n forged instrument, 2nd.

Cont'd req def to 1/28.

Ronald T. Brock 1995. PH. Receiving stolen property u/\$10,000. PH cont'd

MOC 2/25.

Michael S. Bush 1989. CFA. Asslt 4th, child abuse. Cont'd per def to 2/4.

Angel L. Clifford 1974. Rev. Flag non support. Paying. Rev 3/25.

Roy W. Fletcher 1981. Rev. Flag non support. DA hearing pending. Rev 3/25.

Brandie L. Hughes 1986.

PH. Crim poss'n forged instrument, 2nd, two cts. Bond am \$2,500 w/surety. PH 1/28.

Timothy W. Kaelin 1961. PTC. Illegal take/pursue deer/wild turkey, three

cts; entry on land to shoot/hunt/fish/trap w/o consent, 1st off. PTC 1/28.

Glenna Renee Kiskaden 1983. Rev. Pass 1/28. BW if not present.

Barbara S. Lyvers 1960. Rev. Flag non support. Paying. Rev 3/25.

Shawn M. McPherson 1987. CT. Entry on land to shoot/hunt/fish/trap w/o

consent, 1st off. DMOC @ req of officer &/or land owner.

John V. Mofford 1957. Rev. Pass to 1/28.

Miranda Moorhead 1992. PTC. Flag non support, two cts. SC/mail 2/4.

Zachary L. Oliver 1983. Two cases. PH. Fail to use child restraint device in veh;

op on susp/revok OL; fail to notify DOT of address change; 1st degree poss'n

of CS/heroin, 1st off; drug paraphernalia-buy/possess. Cont MOC 2/25. Arr. Fail

to or improper signal; op on susp/revok OL; fail to surrender revok OL. CFA 2/25.

Damon S. Parker 1994. PH. 1st degree poss'n of CS/heroin, 1st off. Incarcerated. PH 1/28.

Jonathan Douglas Smith 1978. Rev. Flag non support. Paying. Rev 2/25.

Connie Mar Stadtmiller 1959. PTC. Op MV u/influ of alc/drugs, etc. .08 1st off.

PTC 1/28.

Harold D. Woods 1971. Rev. Flag non support. Paying by wg assgmt. Rev 3/25.

Circuit Court
Hon. Jay Delaney
1/22/2014

The Bank of Kentucky, Inc. vs Timothy Delk. MH. MG. OTBS.

Tax Ease Lien Investments 1 vs ML Pulliam Trustee. MH. MG. Judg enter'd.

Bank of America, NA Successor vs E.P. Dennis. MH. MG. Judg TBS.

Citimortgage, Inc. vs Danny L. Owens. MH. Motion overruled.

Richard Tate vs Justus J. Scharold. PTC. Case remanded from docket.

Citimortgage, Inc. vs Rhonda Holden. MH. MG. OE.

Wells Fargo Bank, NA vs Billy Shane Webster. MH. MG. OE.

Wells Fargo Bank, N.A. vs Mary H. Taylor. MH. MG. OE.

Beneficial Kentucky, Inc. vs Norma K. Combs. MH. MG. OE.

Bank of America, N.A., c/o Bank of America vs Jason Hardy. MH. MG. OE (to distribute). Motion to

reschedule passed.

Wells Fargo Bank, NA vs April K. Yates. MH. MG. OE.

Tax Ease Lien Investments 1, LLC vs Gary Pipes. MH. MG. OE.

United Midwest Savings Bank vs Carol Ann Delaney. MH. Previous recusal OE (case taken under advise-

ment).

Everbank vs Lisa M. Beane. MH. MG. Judg ent.

Bank of America, N.A. vs Jesse Ray Eversole. MH. MG. OTBS.

Ocwen Loan Servicing, LLC vs Jennifer Lynn Schulkers. Motion passed to Feb. 5.

Lien Solutions, LLC vs Randy A. Riley. MH. Agr judg ent.

The Bank of Kentucky, Inc. vs Rhonda Bennett. MH. Motion passed to 2/14.

Bank of America, N.A. vs Katherine E. Blackaby. MH. MG. Judg ent.

The Bank of Kentucky, Inc. vs Bennett's Personal Care. MH. Motion passed to

2/19.

Charles Bruener St. 1941. Arr. Wanton endan-

germent, 1st; asslt 4th minor injury. NGP. JT 3/14. FPTC 3/5. Disc OE.

Carl Buntain 1992. PRH. Prob viol (for tech viol). Admission to allega-

tions. Prob cont'd on same terms & conds.

George David Hamilton III 1973. PTC. Burg, 3rd, amend to attempt burg 3rd, GP; TBUT/disp-all others, GP; crim misch, 1st, amend



Zumba: The secret ingredient of this Latin dance is fun

By Barbara Russi Sarnataro
WebMD Feature
Reviewed by Louise Chang, MD

Latin rhythms pulse from Pittsburgh's Club One aerobics studio, where Maria McCalister leads a Zumba class packed with the glistening bodies of nearly 50 people seeking to swivel, pivot, and shake their way to fitness.

McCalister coaches her students to feel the music, be it salsa, meringue, or flamenco. "I don't talk much," she says. "I let the music move them and inspire them."

Zumba, an aerobic dance class set to South American beats, is hot in health clubs and exercise studios from Miami to Los Angeles and everywhere in between.

"Latin music just tends to make you feel happy

and good," says McCalister, 53. "I can have the bluest day, be depressed, hormones ranging, whatever, and get in front of that class, turn on the music and I recharge my life, my soul."

Adds McCalister: "When I put on Traigo Una Pena, a cha cha, my class just screams. They're somewhere else; they're not in Pittsburgh when they take a Zumba class."

That's exactly what creators were aiming for when they released Zumba (Spanish slang for buzz like a bee or move fast) to the world.

"We say ditch the workout; join the party," says Zumba co-founder and CEO, Alberto Perlman of Hollywood, Fla.

The Growth of Zumba

Zumba was born from an accident. Colombia-

born Alberto "Beto" Perez was teaching an aerobics class in his native Cali in 1986 and discovered he had forgotten his usual music. So he dug through his bag of tapes and grabbed a mix of salsa and meringue music he personally liked to dance to.

"I just said, 'Class today is different,'" says Perez, 37, who was also a dance instructor. "Everybody loved it."

Zumba's success grew steadily after Perez moved first to Bogota, Colombia and later to Miami. In 1999, Perlman and entrepreneur Alberto Aghion approached Perez about taking Zumba to the mass market. The three began selling DVDs via infomercial in 2002 and were very successful, but enthusiasts demanded more.

ZUMBA Page 14

Massage: It's real medicine

By Kristyn Kusek Lewis
Health.com

Having your honey rub your back is sweet, but it's tough to compete with the hands of a pro. A good massage therapist can make you feel like a new person. And now research suggests massage can ease insomnia, boost immunity, prevent PMS, and more. Maybe that's why hospitals are making it a standard therapy.

"All of our surgery patients are offered the treatment -- I call it 'service with a smile' -- and it's a mandatory weekly prescription I give myself," says Mehmet C. Oz, M.D., director of the Cardiovas-

cular Institute at New York Presbyterian Hospital--Columbia Presbyterian Medical Center and a member of the board at Luminari, a health-education company.

Our advice: Enjoy your hands-on time with your sweetie, but set aside some time for a real massage, too. Here are some feel-good

reasons:

Goodbye, pain
It sounds like a no-brainer, but rubdowns are especially effective for aches like low-back pain. Researchers at the Group Health Center for Health Studies in Seattle, Washington, found that massage works better than common

MASSAGE Page 14

**CERTIFIED INSTALLERS
ON SEPTIC TANKS AND
DRAINAGE FILL.**
Master Lic. # M00159

391-0257

**VANLANDINGHAM & SON
PLUMBING & HEATING**

**504 Barkley St.,
Falmouth, KY**

**SUNRISE
CORPORATION**

133 Industrial Road
Butler, KY 41006
472-2480

Escape, Relax & Rejuvenate at...

**XANADU
Salon & Spa**

A FULL SERVICE SALON:
Manicures / Shellac,
Pedicures, Facials,
Massage Therapy,
Haircuts & Color

859-654-3100
**984 RIDGEWAY AVE.
FALMOUTH, KY 41040**

**DON'T FORGET YOUR
♥ SWEETHEART THIS ♥
VALENTINE'S DAY!!!
BUY ONE, GET
♥ ONE ½ OFF ♥
SPA THERAPEUTIC
♥ MASSAGE!!! ♥**

GIFT CERTIFICATES AVAILABLE

LEAP® Trust Experienced Dental Health Education Women's Health Nutrition
Minor Procedures X-RAY SERVICES Medical Home Counseling
Dedication Chronic Disease Management
Family Health Minor Emergency Care
Sliding Fee Scale Values Comfort Advanced Compassion Family Teamwork Occupational Medicine

Quality Affordable

MANY words can describe our federally qualified health centers, but one word brings all the others together--**FAMILY!** Throughout our PrimaryPlus locations, we believe in the value of family-centered care providing a range of services for all ages by an experienced, compassionate medical team. Plus, we offer affordable payment options such as our Sliding Fee Scale providing a 25-75% discount on most services (upon application approval). One of our patients said it best...**"PrimaryPlus is not like having a family doctor; it is like having a doctor in the family!"**

Always Welcoming New Patients (aka Family)
Accepts Most Insurance, Medicaid (KY & OH), Medicare--
Calls welcome to see if your plan is accepted. PLUS... we offer a
Sliding Fee Scale for the Uninsured/Underinsured

*We have a Kynect Counselor on-site to help you sign up for insurance programs under the Affordable Care Act through March 31st. Call to schedule an appointment.

Our Bracken County Medical Team

Steve Neus, MD
Harold Markesbery, MD
James Morris, MD
Nina Gray, MD
Thomas Meyers, MD
Denise Gore, APRN
Tonia Jones, APRN (Pediatrics)

Lewis County Primary Care Center Doing Business As...



PrimaryPlus

Quality + Advanced + Affordable + Healthcare

1551 Augusta Chatham Rd. Augusta, KY • 606.756.2117

www.primaryplus.net



2014 MEDICAL DIRECTORY

Massage

continued from Page 13

treatments including chiropractic therapy and acupuncture. It's not clear why, but several studies show massage reduces levels of the stress hormone cortisol while boosting the feel-good hormones serotonin and dopamine. Those changes slow your heart rate, reduce blood pressure, and block your nervous system's pain receptors. Massage also increases blood flow to the muscles, which may help them heal.

A bonus: Massage also seems to ease distress from migraine, labor pain, and even cancer, as well as the body tenderness seen with fibromyalgia, says Tiffany Field, Ph.D., director of the Touch Research Institute at the University of Miami School of Medicine. Plus, the benefits may last as long as a year after just a few treatments, says Partap Khalsa, Ph.D., a chiropractor and a program officer at the National Institutes of Health's National Center for Complementary and Alternative Medicine, the agency funding many major studies on massage.

Hello, dreams
Fluctuations in several types of brain waves either relax you or wake you up. Massage increases delta



waves -- those linked with deep sleep -- according to a study at the Touch Research Institute. That's why it's easy to drift off on the massage table, Field says.

Nice to have you back, brain power

The Touch Research Institute study that connected massage to sleep also found that a 15-minute chair massage boosted alertness. "Subjects reported that it felt like a runner's high," Field says.

Tests also show that brain-wave activity stimulated by massage is linked to improved attention.

Take that, colds

Massage helps ward off bugs by boosting your

"natural killer cells," the immune system's first line of defense against invading illness. "We know that cortisol destroys natural killer cells," Field says. "Therefore, since massage decreases cortisol, your immune cells get a boost." Massage even seems to boost immunity in those people with severely compromised immune systems, such as breast-cancer patients.

Blues, be gone

Less cortisol and more serotonin and dopamine in your system may also mean less stress, anxiety, and depression. "We know that the right side of the frontal lobe of the brain is more active when

we're sad, and the left side's activated when we're happy," Field says. "Our studies have observed that massage decreases activity in the right lobe and increases functioning in the left." The well-being people feel after a massage is a big reason why some hospitals offer it to anxious patients preparing for surgery and cancer patients going through chemo.

Shove off, PMS

A small study of 24 women with severe PMS found that massage reduced symptoms such as pain, water retention, and mood swings. Try it with proven remedies such as exercise (and who-cares-if-they-work solutions like a little dark chocolate).

Zumba

continued from Page 13

The crazy thing was we were getting all these people from all around the country who bought these videos and wanted to teach it," says Perlman.

In 2005, Perez, Perlman, and Aghion developed an educational division, wrote a training manual, and began offering Zumba workshops to those interested in teaching.

Today, there are an estimated 4 million Zumba enthusiasts and 25,000 instructors in 40 countries, according to Perlman. And Zumba executives continue to feed the frenzy. The brand also offers music and choreography; a clothing line; Zumba Gold classes, geared to seniors; Zumba Toning, a sculpting class using weighted sticks that sound like maracas; and ZumbaAtomic, a program for kids aged 5 to 12.

No Complex Choreography

Barring any doctor's limitations, says Perlman, Zumba is safe for a range of ages and fitness levels because the steps can be modified so that it's very low-impact. And all you need are a good pair of dance shoes or cross-trainers.



ORTHOPEDICS

CANCER

EMERGENCY
MEDICINE

PRIMARY CARE

WOMEN'S
HEALTH

THE CLINIC
AT WALMART

CARDIOLOGY

go where you know

Healthcare partnerships bringing our communities closer together

Physician specialists providing care in more than 70 medical fields

Electronic medical records sharing information instantly

Free health education and care brought to neighbors via health fairs and seminars

Real-time medical imaging allowing doctors to confer worldwide

Small town, big medicine--all with people you know and trust

Go where you know.

HMH
Harrison Memorial Hospital
a Regional Healthcare Facility

www.harrisonmemhosp.com
859-234-2300

Find us on
facebook



WHEN YOU'RE WAITING FOR A TRANSPLANT, WHAT'S MORE IMPORTANT: YOUR MEDICAL STATUS OR YOUR FINANCIAL STATUS?

Forget the rumors you may have heard, the transplant waiting list is completely blind to wealth or celebrity status. Once you're on the list for a donor organ, what really counts is the severity of your illness, time spent waiting, blood type and other important medical information. Call 1-800-355-SHARE or visit www.shareyourlife.org for honest information on organ donation. And remember, if you want to be a donor, you must tell your family or it may not happen.

TALK TO YOUR FAMILY ABOUT DONATING LIFE
Coalition on Organ & Tissue Donation

Because the most important things you have to take care of aren't things at all.

Look after your family's future and your peace of mind with a range of insurance products from Southern Farm Bureau Life Insurance Company, Jackson, MS. Prepare for tomorrow by asking your agent about them today.

Steve Ammerman
400 Main Street, Falmouth
859-654-3321

KENTUCKY FARM BUREAU **BIG ON COMMITMENT:**

AUTO • HOME • LIFE • BUSINESS A MEMBER SERVICE www.kyfb.com

Sharp Benefits, Inc.
Falmouth, Kentucky
859-654-2696 • 888-322-5622
www.sharpsbenefits.com

You now have the option to obtain free quotes and apply online.

Looking for health insurance? We can help!

Find a plan that is tailored to your needs!

Health Insurance for your family
Retiring early • Changing jobs
Graduating students

Visit our website or give us a call today!
Get Your FREE ONLINE QUOTE in Seconds

Zumba New Year's Resolution

Dance your way to a more fit you with exciting and unique latin moves and rhythms! You are never too old to start and you don't have to be a dancer to enjoy!

Come on... What do you have to lose!

Plum Creek
Tuesday 7 PM to 8 PM

Flour Creek Community Center
Thursday 7 PM to 8 PM

Zumba Instructor: SAMANTHA WARD

Free Chiropractic
Visit Worth \$200!!!

Aren't you sick and tired of waking up most mornings..... with back, neck or Sciatic pain? If so, Dr. Kendall Gearhart of Alexandria Total Care Chiropractic, has a great FREE way for you to try out and experience the benefits of Chiropractic care, risk free, and without any "obligation or catch" to continue treatment. Hey, this is all about checking out what Chiropractic can do for you..... for FREE!

My name is Dr. Kendall Gearhart and I have treated 1000's of patients over my 18 year career, using my "Gentle as a Lamb" Computerized adjusting method of treatment. No "snapping, cracking or popping" of your head, neck and back. We never use surgery, drugs or needles to make you feel great. I am known for my non-pushy approach to Wellness, and able to make treatment fit all budgets. To try out a Free Chiropractic Office Visit, simply call before the deadline. See ya!

Call my office today, 859-448-0858
Deadline is February 27, 2014

You have the right to rescind within 72 hours any obligation to pay for services performed in addition to this free or discounted service. Offer provided by Kendall Gearhart, DC. This offer does not apply to federal insurance beneficiaries. Some offers may be of limited supply. More info? www.nkytotalcare.com

WINTER FITNESS SCHEDULE
2014

Tabata

Saturdays
9:45am
\$5
Turner Ridge Baptist Church

PILOXING

Mondays
6:15pm
PRE-REG ONLY*
8 weeks
\$40 Session
Sharp Middle School

* Piloxing Classes begin Feb 3rd
Contact:
joellen.mitchell@pendleton.kyschools.us

ZUMBA
fitness

Tuesdays & Thursdays
7:00pm
\$2
Turner Ridge Baptist Church

www.loranb.com

AT HOME MASSAGE SERVICES:
Swedish, Deep Tissue, Spa (Face Lifting Massages, Full Body Exfoliation & MORE!)
STARTING AT \$40
To Schedule Call: 859-391-0844 or Visit: www.loranb.com